

2005 Scott County County Youth Health Survey

Coordinated by:

Scott County Hometown Health Improvement

and

Arkansas Department of
Health and Human Services
Center for Health Statistics



February, 2006

For more information about the Scott County 2005 County Youth Health Survey

Interested individuals may request additional information from the following persons:

Darla Mortimore
Scott County Hometown Health Improvement
316 Featherston Street
Waldron, AR 72958
479-637-2765
dmortimore@healthyarkansas.com

For more information about the Scott County, County Youth Health Survey, YRBS, or analysis of the survey data, please contact:

Letitia de Graft-Johnson
Health Program Analyst
Arkansas Center for Health Statistics
Division of Health
Arkansas Department of Health and Human Services
Ph. (501) 661-2232
ldegraft-johnson@healthyarkansas.com

Table of Contents

What is the County Youth Health Survey?	2
Why did Scott County conduct the CYHS?	2
How was the CYHS conducted?	3
About this report	3
How results may be interpreted	4
Demographics of survey participants:	6
Summary of Scott County CYHS Findings	8
<u>Key findings</u>	10
■ <u>Vehicle Safety</u>	13
■ <u>Vehicle Safety – Drinking and Driving</u>	14
■ <u>Violence-Related Behaviors</u>	15
■ <u>Violence – Physical Fighting</u>	17
■ <u>Violence – Sexual Violence</u>	18
■ <u>Depression and Suicide</u>	19
■ <u>Tobacco Use – Cigarette Smoking</u>	22
■ <u>Tobacco Use – Smokeless Tobacco</u>	25
■ <u>Tobacco Use – Cigar</u>	25
■ <u>Alcohol Use</u>	26
■ <u>Drug Use</u>	28
■ <u>Sexual Activity</u>	32
■ <u>Contraception</u>	35
■ <u>AIDS, HIV, and STDs</u>	36
■ <u>Obesity</u>	37
■ <u>Nutrition</u>	42
■ <u>Physical Activity</u>	45
■ <u>Violence-Related Behaviors at School</u>	47
■ <u>Tobacco Use at School</u>	49
■ <u>Alcohol Use at School</u>	50
■ <u>Drug Use at School</u>	51
<u>2005 Scott County Youth Health Survey Questionnaire</u>	52
<u>Internet Resources for Educators, Parents and Teens</u>	90

■ What is the County Youth Health Survey?

The County Youth Health Survey (CYHS) was designed to measure health risk behaviors, such as smoking, drinking and driving, and obesity, among the nation's youth. Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta, Georgia, the 87-item, multiple-choice Youth Risk Behavior Survey questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful. The survey has been used nationally, at a statewide level, and locally. It is known as the County Youth Health Survey (CYHS) at the local level.

During November, 2005, usable CYHS questionnaires were completed by 631 seventh through twelfth grade students throughout Scott County public schools. The information provided by those students is presented in this report.

■ Why did Scott County conduct the CYHS?

Scott County was selected by the Arkansas Department of Health and Human Services (DHHS) to participate in Hometown Health Improvement (HHI), a new community health assessment project. Scott County HHI is working to assess the specific health needs of Scott County residents. In order to collect information on the health behaviors of the community's youth, HHI coalition members asked that the County Youth Health Survey be administered to the students in the seventh through twelfth grades at Scott County schools.

The CYHS will help Scott County identify students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for Scott County students mean longer, more productive lives for the county's young people, as well as improved learning in the classroom.

The 2005 CYHS also provides Scott County with measures for evaluating future trends in health habits of youth. Survey results can now serve as a valuable tool, particularly for legislators, policy makers, school administrators, and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs, and educational activities. Parents and students can use

survey results to evaluate potential changes toward better health. Specifically, CYHS' findings form a valuable base upon which Scott County can strengthen its ability to:

- Establish disease prevention and health promotion policies;
- Plan and implement programs and services;
- Secure funding for programs;
- Allocate limited resources toward targeted needs and priorities;
- Conduct future research and note progress or deficiencies, and
- Enact laws to prevent injuries and unnecessary deaths.

■ How was the CYHS conducted?

During November, 2005, seventh through twelfth grade students enrolled in Scott County public schools completed the CYHS. All students who attended school on the day that their school administered the test to their grade were eligible to participate, but their participation was voluntary. The following Scott County schools' students participated in the survey:

- Waldron

■ About this report

This report entitled summarizes the overall answers Scott County's students reported about safety, diet and exercise, alcohol, tobacco, and other health risk behaviors. Scott County's survey of public schools provides a "snapshot" of students' behaviors. The survey contains questions related to:

- Behaviors that result in intentional and unintentional injuries;
- Tobacco use;
- Alcohol and other drug use;
- Sexual behaviors that result in HIV infection, other sexually-transmitted diseases (STD's), and unintentional pregnancies; and
- Physical activity and nutrition.

This report summarizes Scott County's findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas. Written for concerned educators, policy makers, parents, and youth, this CYHS report provides a brief overview of:

- The survey's process and procedures;
- Survey questions;
- Students' answers;
- Percentage of CYHS participants giving those answers; and
- Major summary findings.

■ How results may be interpreted

Scott County's 2005 County Youth Health Survey is a "snapshot in time" showing those health-risk behaviors reported by Scott County students in November, 2005. Answers in this survey were only as accurate as students' reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance, is a pocketknife a "weapon?" What area does "on school property" include? Some students chose not to answer certain questions, meaning that not all students surveyed were represented in every response.

Answers were edited for consistency using the Center for Disease Control and Prevention's CYHS data editing guidelines. For example, if a student reported that he or she had driven under the influence of alcohol, but reported that he or she had never had a drink of alcohol, the answers for those questions were deleted from the survey. Additionally, some students chose not to answer certain questions.

The percentages presented in this report were rounded to the nearest whole percent. For example, 75.5% would be reported as 76%, while 75.4% would be reported as 75%. Due to this rounding, total percentages may add up to 99% or 101%.

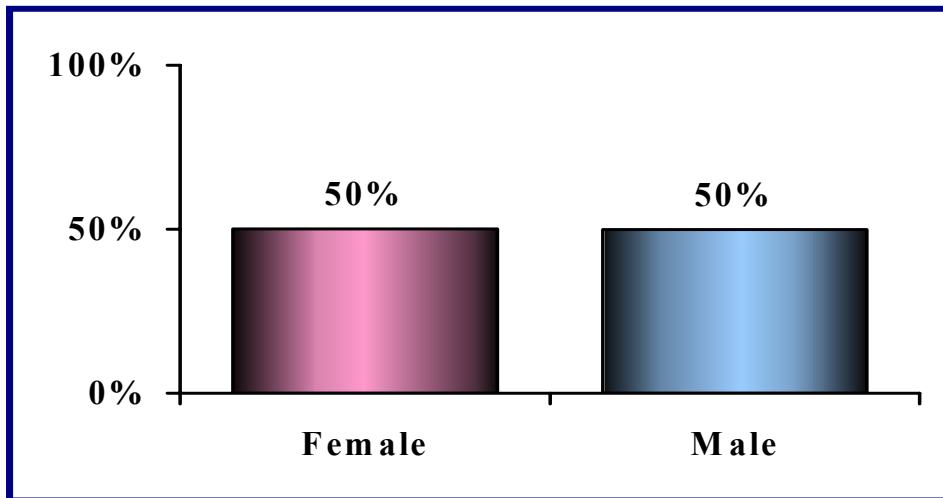
Sincere Appreciation To:

- The superintendents, principals, counselors, nurses, and teachers of Scott County schools who so graciously gave of their time and energy to see this survey through to its completion;
- The Scott County students who completed the CYHS questionnaires;
- The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire;
- Kathleen Courtney and the Arkansas Department of Education for support and assistance with this project.

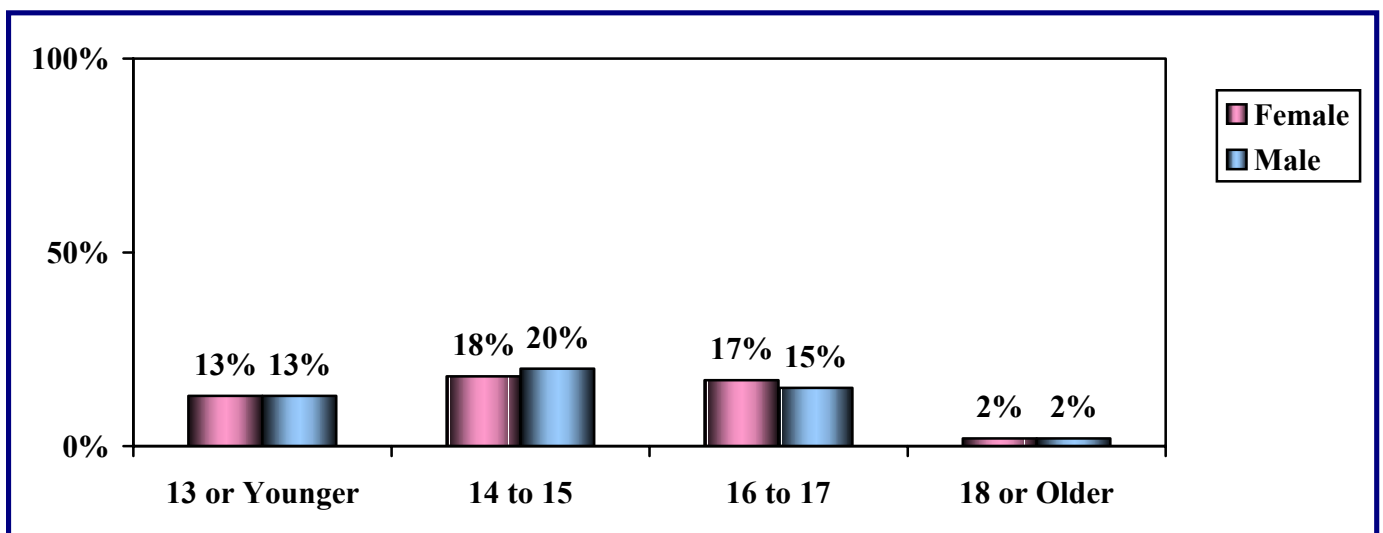
Demographics of survey participants:

Total number of survey participants = 631

Gender



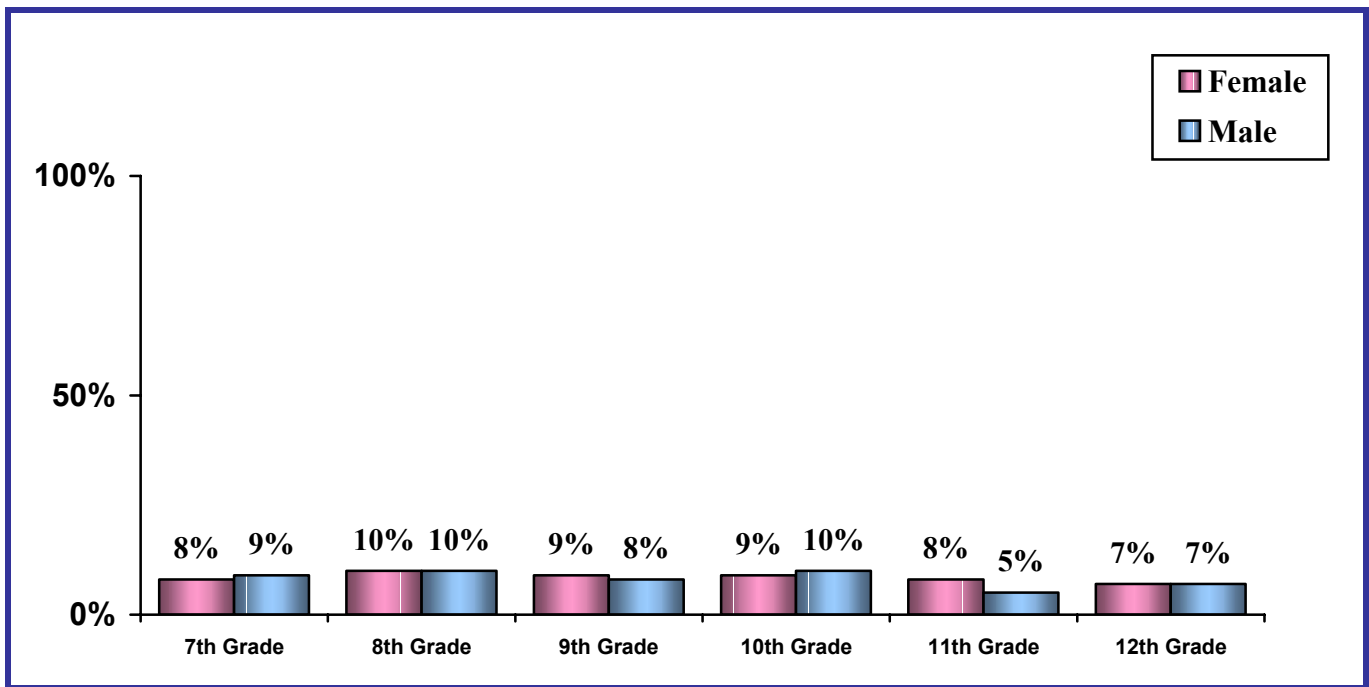
Age



Demographics of survey participants:

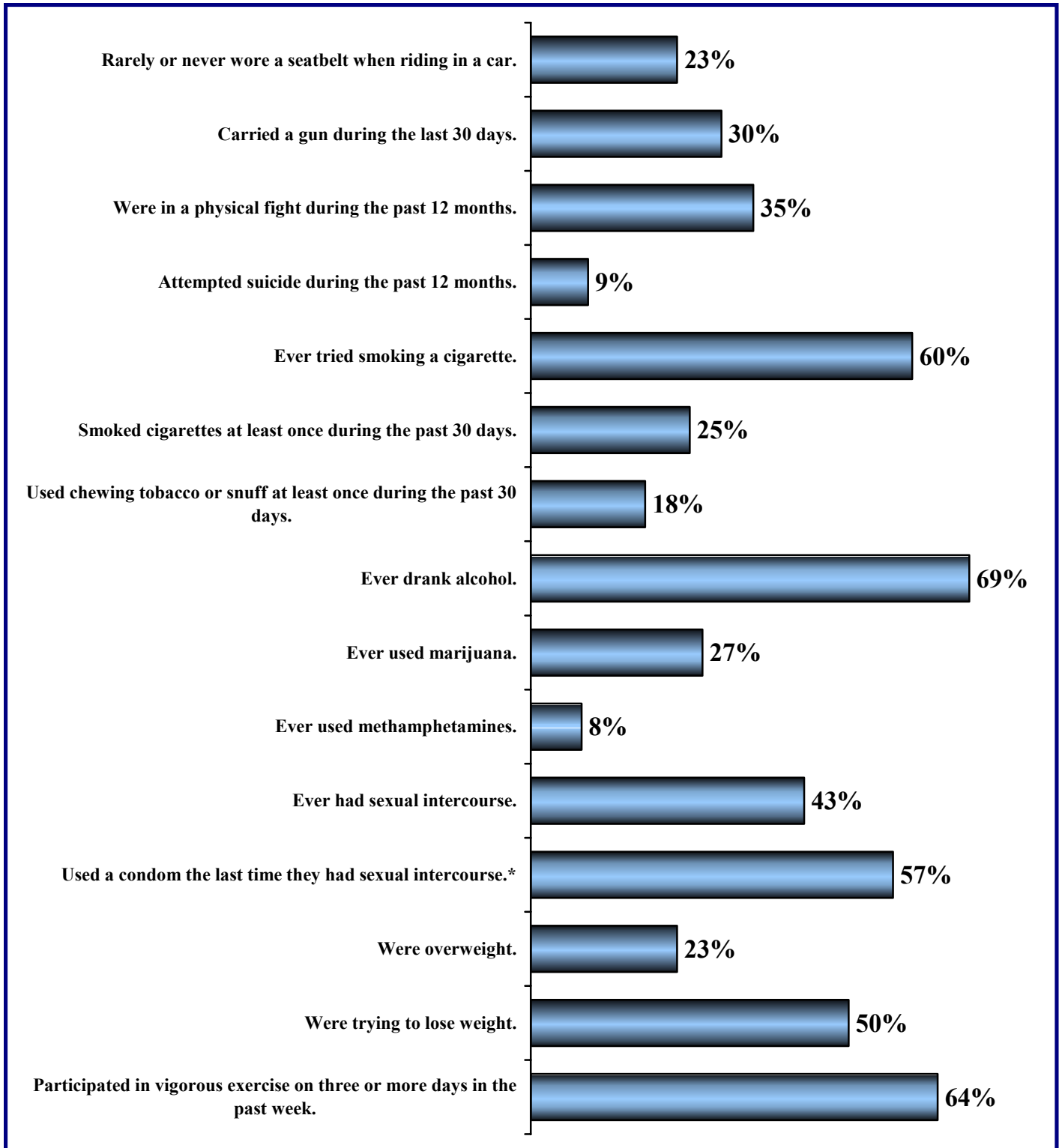
Total number of survey participants = 631

■ Grade



■ Summary of Scott County CYHS Findings

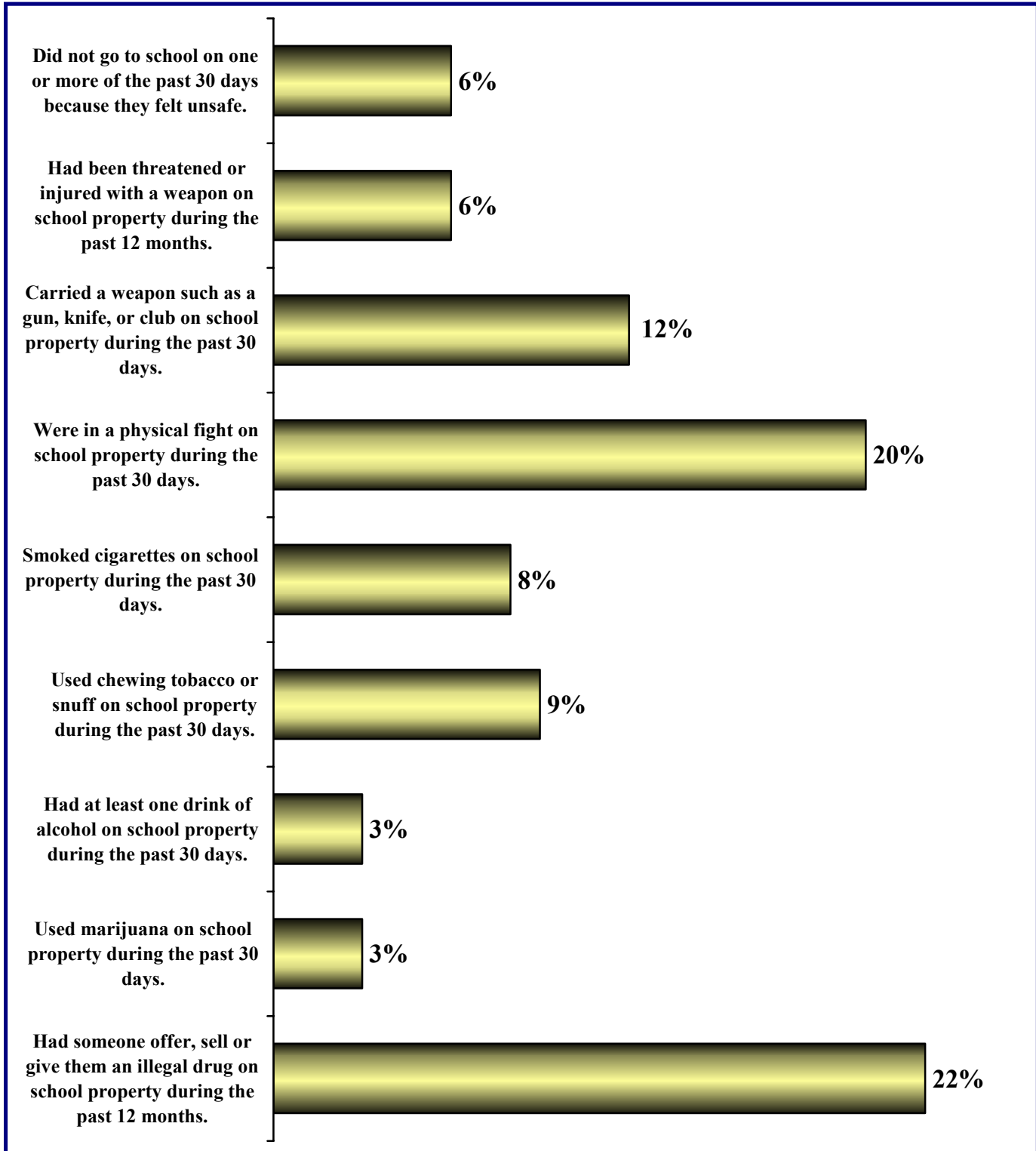
Percentage of students who:



*of those who had ever had sexual intercourse.

■ Summary of Behaviors Relating to School Property

Percentage of students who:



■ Key findings

The following summaries highlight Scott county students' responses on the County Youth Health Survey in key areas and provide an overview of Scott county students' current activities which impact their health.

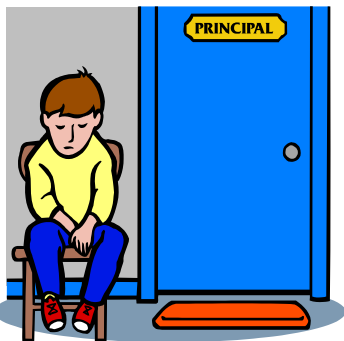
Behaviors that result in injuries

- Ninety-six percent of the students who had **ridden a bicycle** in the year prior to the survey indicated that they **never or rarely wore a helmet**.
- Twenty-seven percent of the students surveyed said that during the previous month they had **ridden in a vehicle driven by someone who had been drinking alcohol**. Ten percent indicated they **had driven a vehicle after drinking alcohol** during the past 30 days.
- Forty-three percent of students **carried a weapon such as a gun, knife, or club** in the past 30 days, and 12% **carried a weapon on school property** during that time.
- During the 12 months preceding the survey, 35% of the students had **been in a physical fight** one or more times. Of those students who had been in a physical fight, 12% had to be **treated for injuries sustained while fighting**.
- Eleven percent of the students surveyed reported they **had been hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend** at least once during their lives.
- Twelve percent of the students indicated **being forced to have sexual intercourse** when they did not want to **at least once** during their lives.



Depression and suicide

- Thirty-one percent of students indicated they **had felt so sad or hopeless** for two weeks or longer that they stopped doing some of their usual activities.
- During the 12 months before being surveyed, 16% of students **had seriously considered attempting suicide**, 15% **had made a plan about how they would attempt suicide**, and 9% **actually attempted to commit suicide**.
- Three percent of students surveyed reported they **were treated by a doctor or nurse for an injury, overdose, or poisoning** resulting from a suicide attempt.



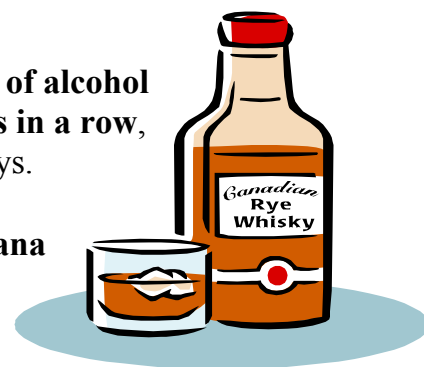
Tobacco use

- Sixty percent of the students surveyed said they **had tried smoking a cigarette**. Twenty-five percent reported **smoking cigarettes** on one or more of the past 30 days.
 - Of the students who smoked during the past month, 64% said they usually **smoked two or more cigarettes** on the days they smoked, and 20% said they usually **got their own cigarettes** by purchasing them at a store.
- Eighteen percent of the students **had used chewing tobacco or snuff** on one or more of the past 30 days, and 9% had used it **on school property**.
- Ten percent of the students surveyed indicated they **had smoked cigars, cigarillos, or little cigars** at least once during the previous month.



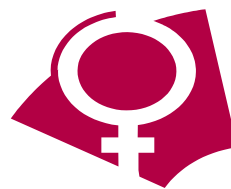
Alcohol and other drug use

- Sixty-nine percent of the students surveyed indicated they had at least **one drink of alcohol** other than just a few sips at least once during their lives, and 43% had taken their **first drink by the age of 13**.
- Thirty-seven percent of the students had taken **at least one drink of alcohol** in the month before the survey, and 24% had **five or more drinks in a row**, that is, within a couple of hours, on one or more of the past 30 days.
- Twenty-seven percent of the students said they **had used marijuana** at least once during their lives. Thirteen percent said they **had smoked marijuana** at least once during the last month.
- Eighteen percent said they **had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays** to get high at least once during their lives.
- Eight percent of the students surveyed **had tried methamphetamines**, 3% tried **heroin**, and 7% had tried **cocaine** at least once during their lives. Two percent had **used a needle to inject an illegal drug** into their bodies at least once.
- Six percent of the students surveyed **had taken steroid pills or shots** without a doctor's prescription.

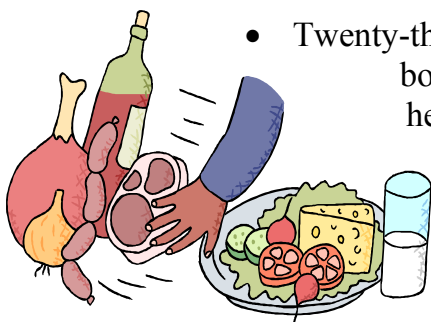


Sexual activity

- Forty-three percent of the students who completed the survey said they **had sexual intercourse**.
 - Of the students who had sexual intercourse, 22% **had used drugs or alcohol before their last sexual encounter**, and 57% **used a condom** the last time they had sex.
- Thirteen percent of the students reported **having four or more sexual partners** during their lifetimes.



Dietary behaviors



- Twenty-three percent of the students surveyed **were overweight**, as measured by body mass index. The body mass index, or BMI, is a ratio of weight to height that allows people of different heights to be compared.
- While only 23% of the students are considered overweight as measured by BMI, 31% of the students perceived themselves as **slightly to very overweight**, and 50% reported that they **were trying to lose weight**.
- Forty-two percent of the students **ate less** during the past 30 days to lose or keep from gaining weight, and 64% exercised, 9% **vomited or took laxatives**, 9% took **diet pills**, and 16% went **without eating** for 24 hours or more to lose weight or keep from gaining weight.

Physical activity

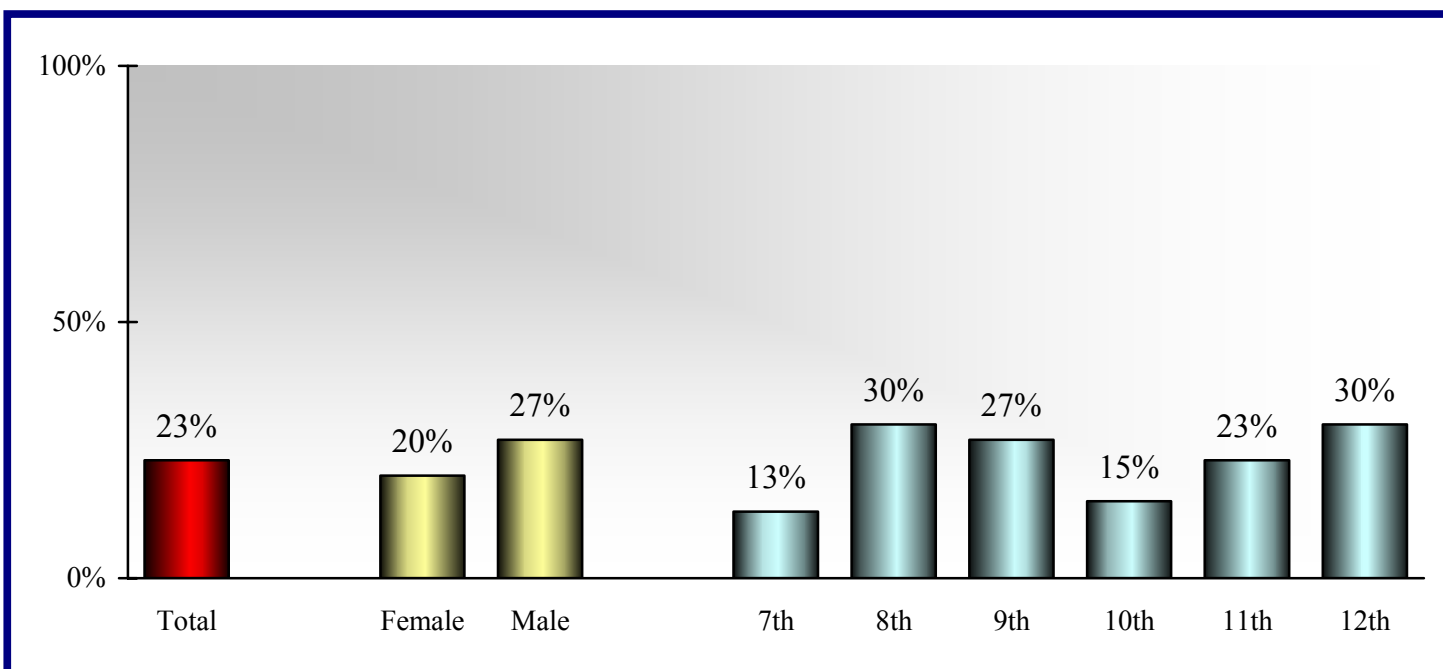
- Sixty-four percent of the students surveyed said they **had participated in a physical activity** for at least 30 minutes that made them sweat and breathe hard on three or more of the past 7 days.
- Forty-three percent said they participated in a physical activity for **at least 30 minutes on three or more days during the past week** which did not make them sweat or breathe hard.
- Fifty-two percent of the students **attended a physical education (PE)** class at least once during an average school week, and 61% said they had played on one or more sports teams during the past year.



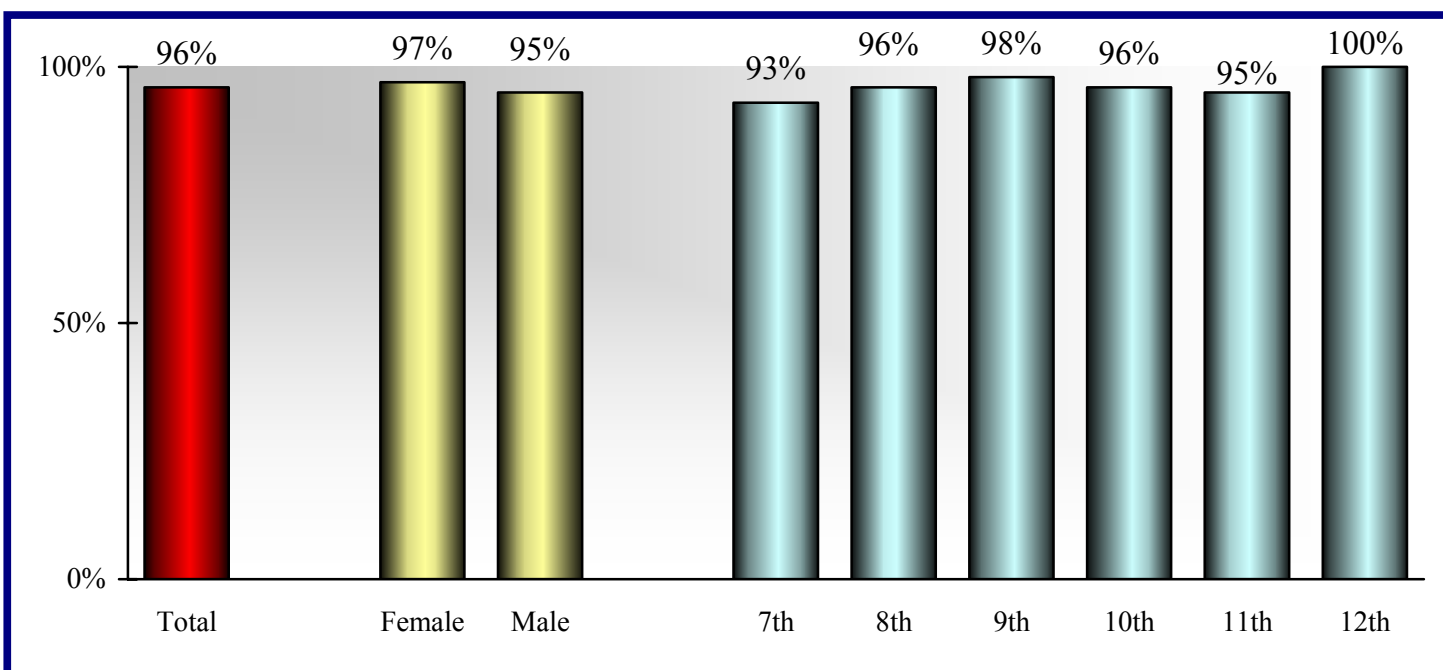
Vehicle Safety

These questions measure the frequency with which students take safety precautions when riding in a motor vehicle, riding a motorcycle or a bicycle.

Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.



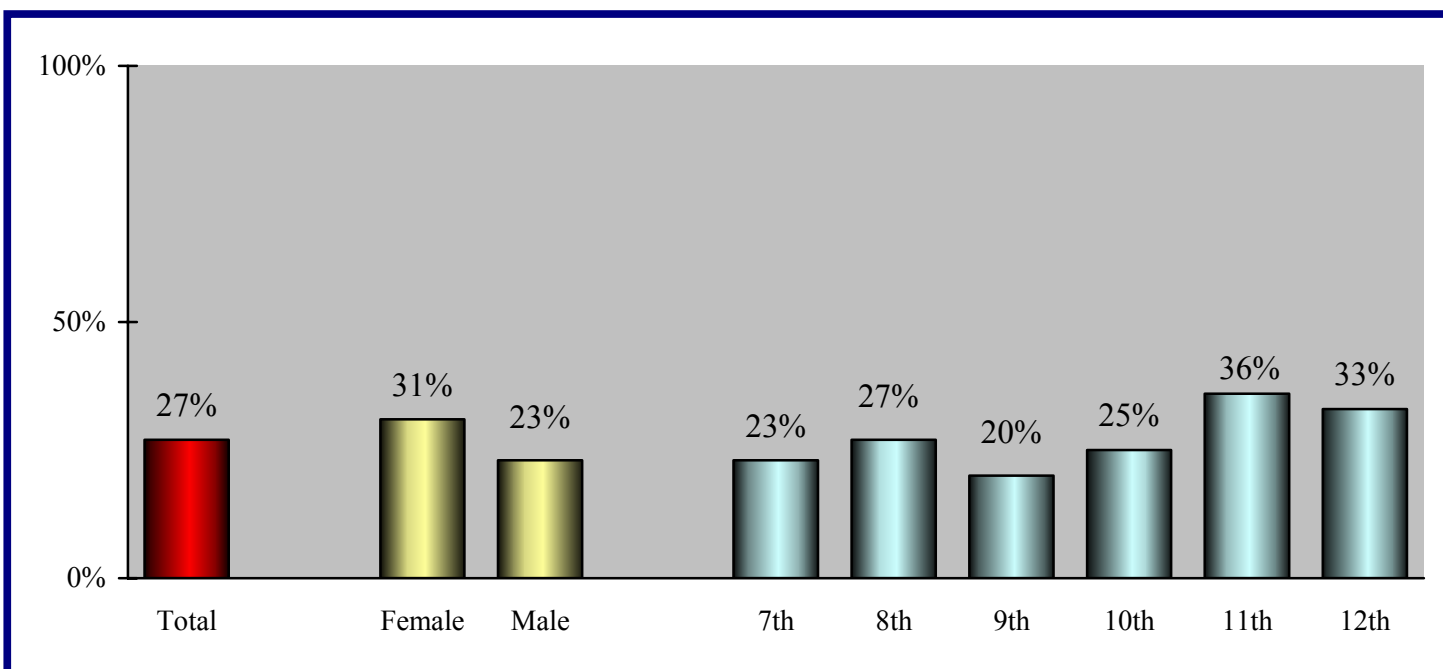
Of students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.



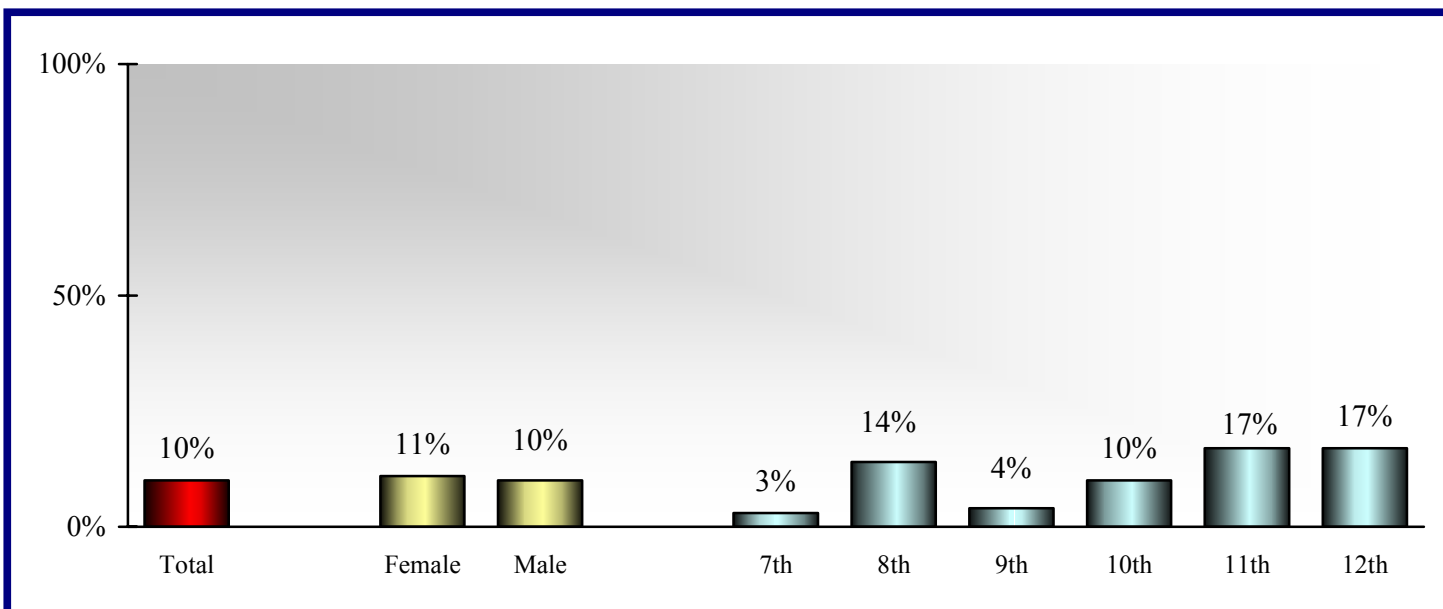
Vehicle Safety – Drinking and Driving

These questions measure the frequency with which students ride as a passenger or driver in a motor vehicle operated under the influence of alcohol.

Percentage of students who during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol.



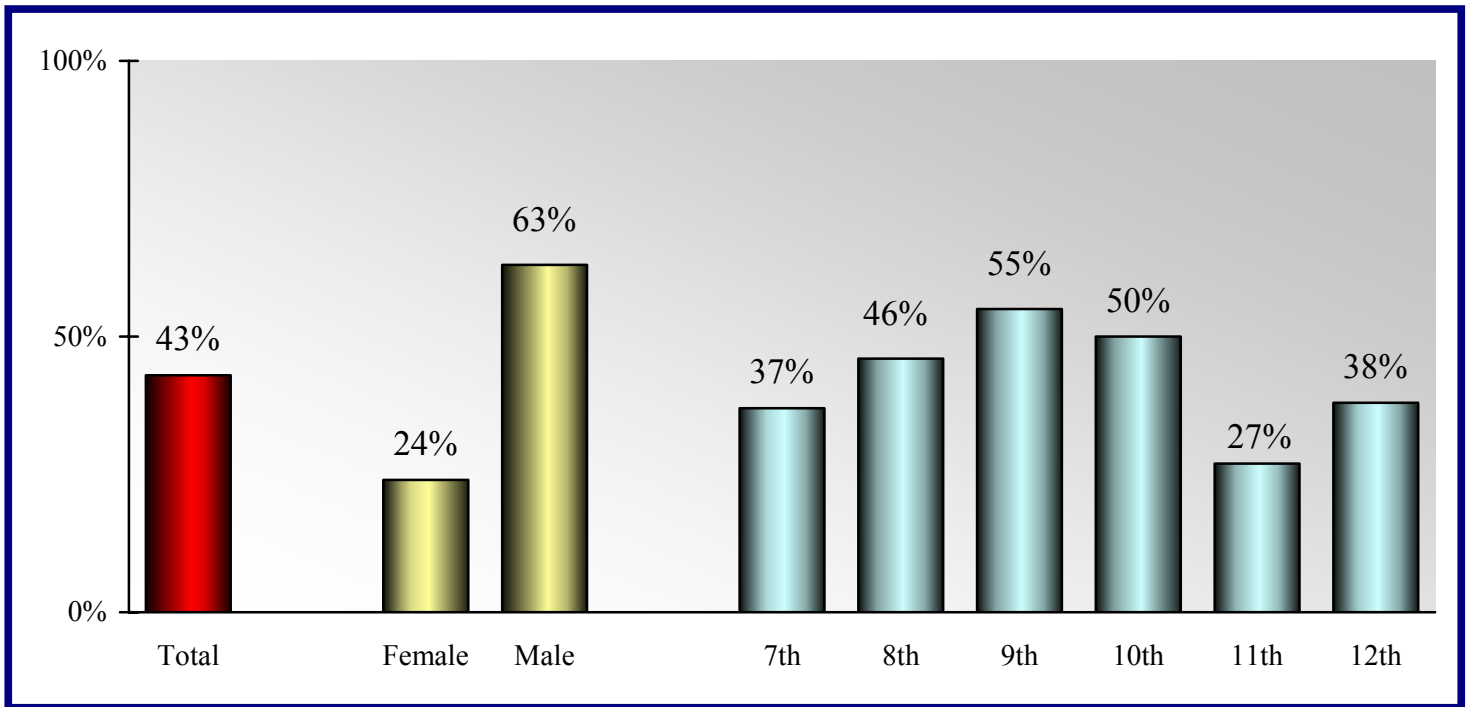
Percentage of students who during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol.



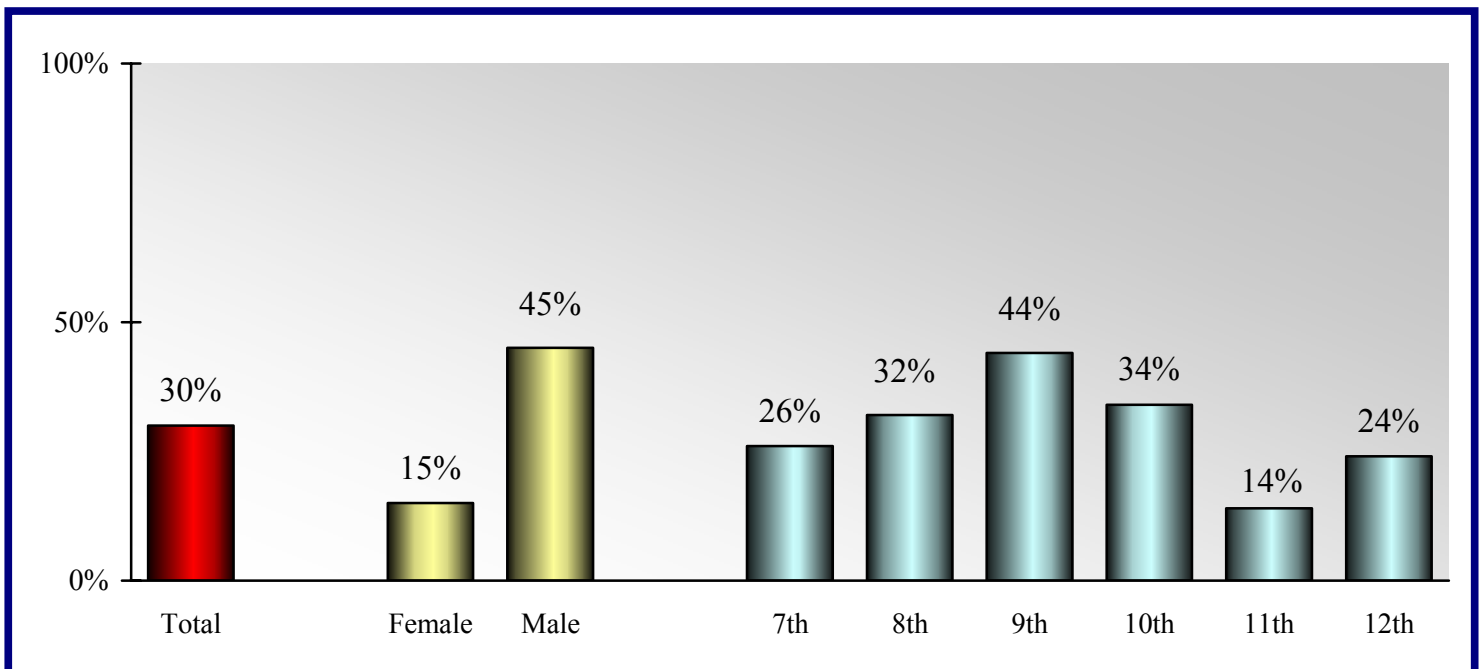
Violence-Related Behaviors

These questions measure violence-related behaviors.

Percentage of students who carried a weapon such as a gun, knife, or club on one or more of the past 30 days.



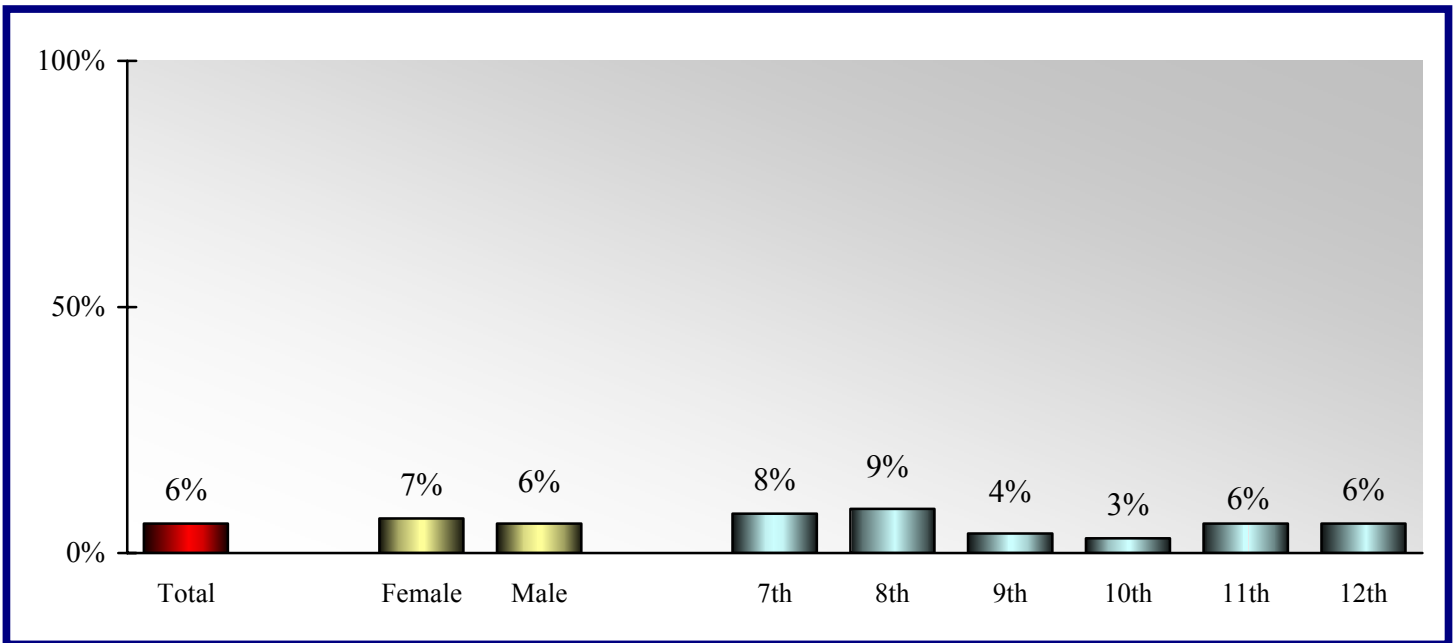
Percentage of students who carried a gun on one or more of the past 30 days.





Violence-Related Behaviors

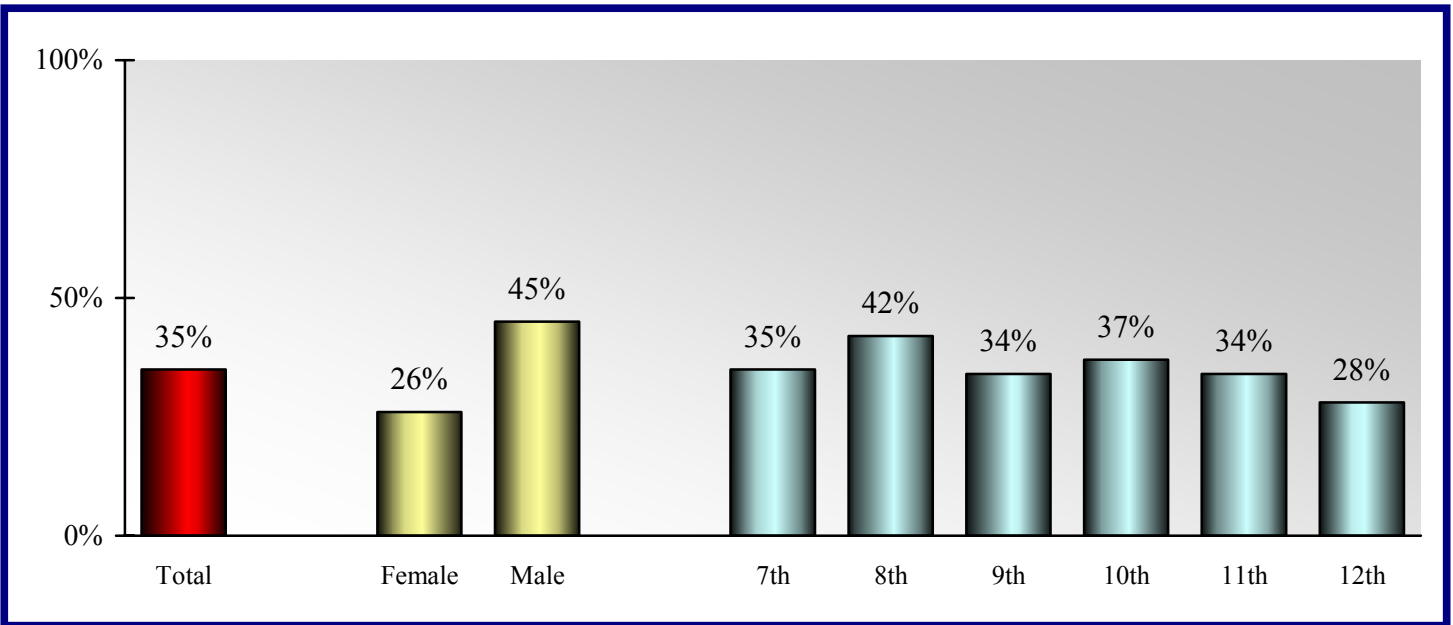
Percentage of students who did not go to school on one or more of the past 30 days because they felt unsafe at school or on their way to or from school.



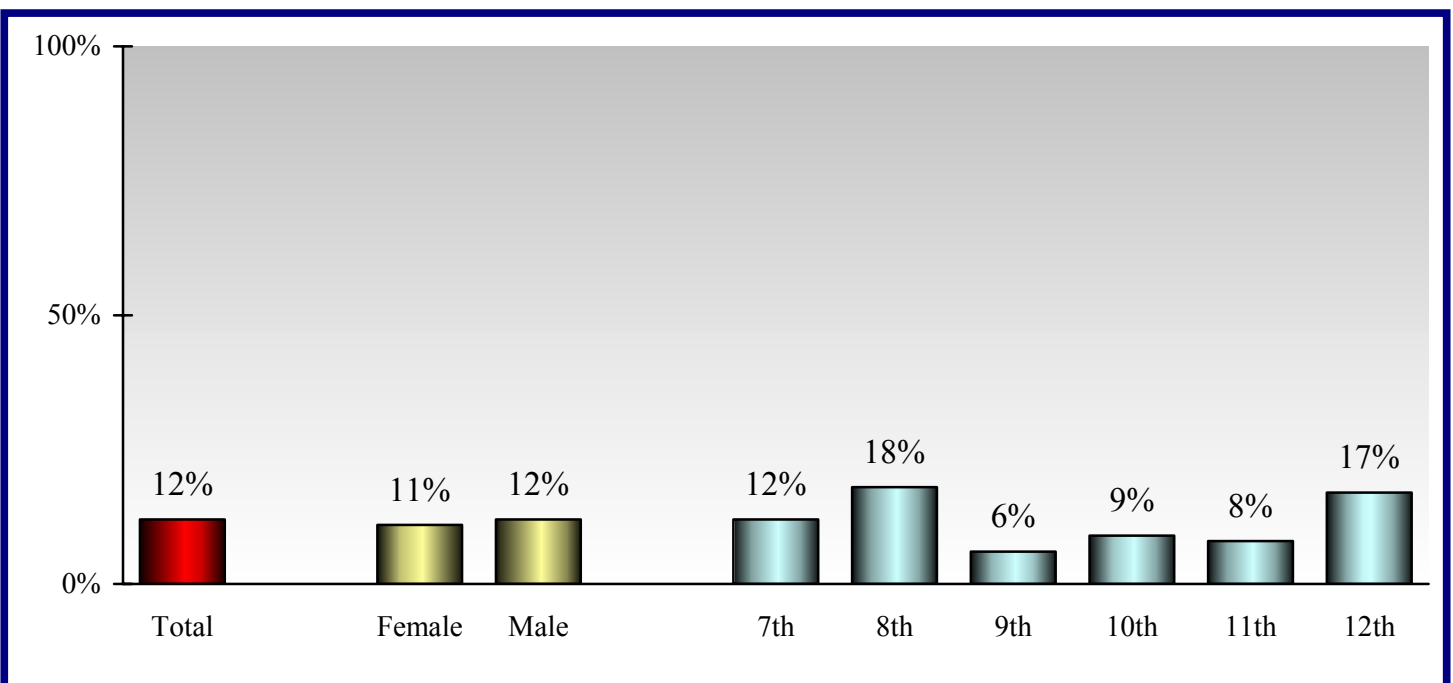
Violence – Physical Fighting

These questions measure the frequency and severity of physical fights.

Percentage of students who were in a physical fight one or more times during the past.



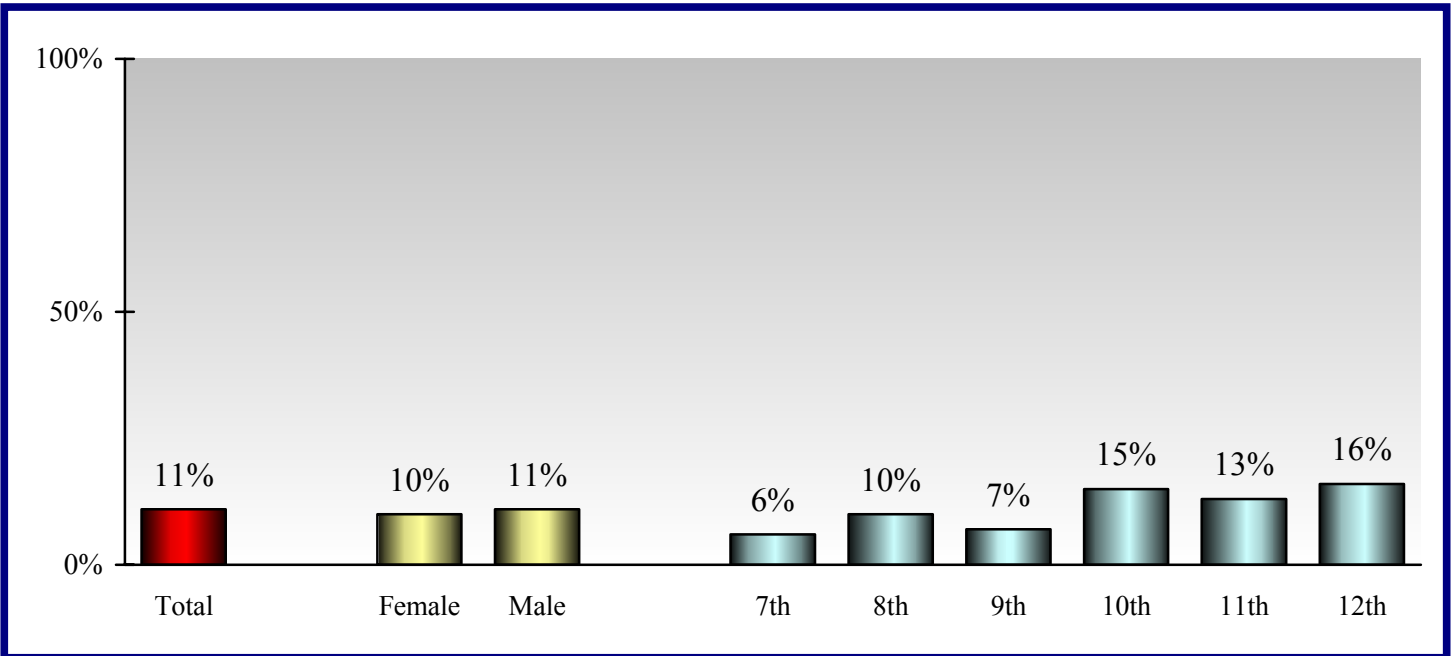
Of students who had been in a physical fight in the past 12 months, the percentage who had to be treated by a doctor or nurse one or more times.
12 months.



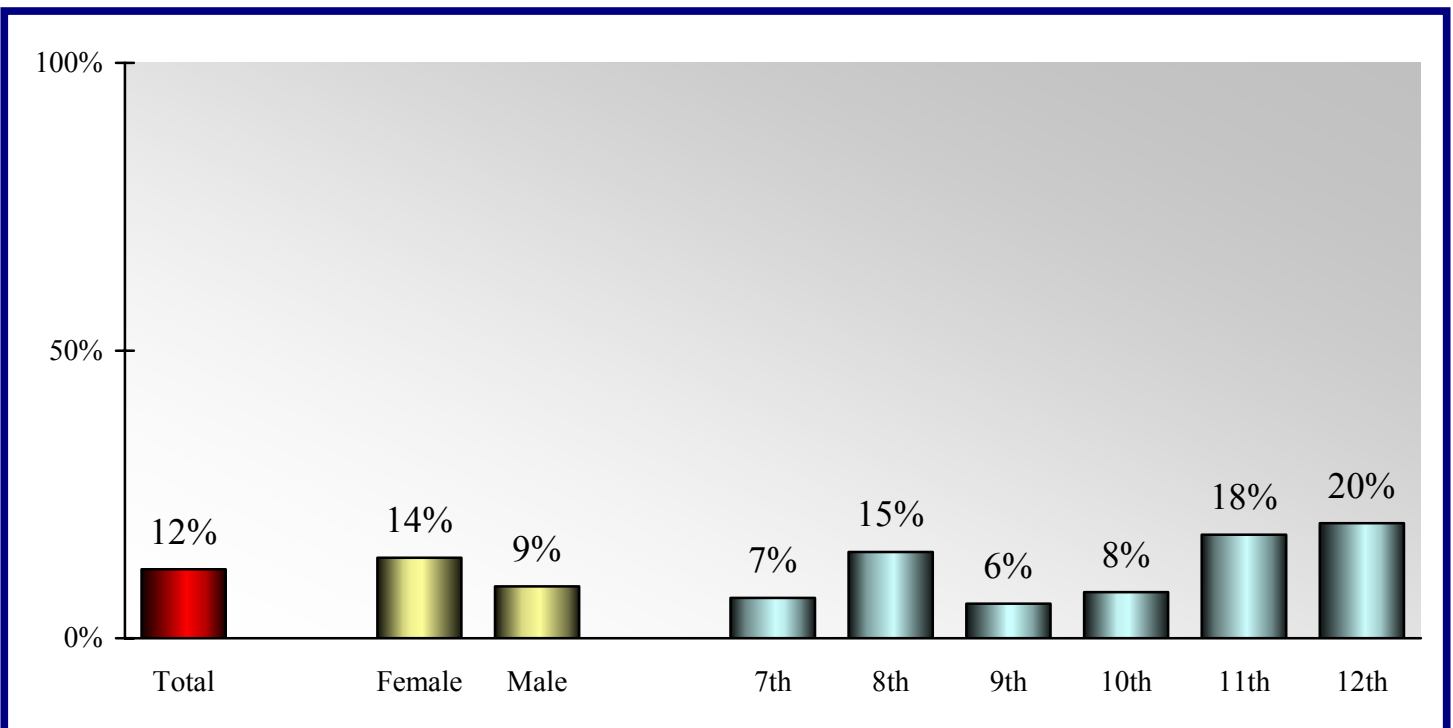
■ Violence – Sexual Violence

These questions measure rape and domestic violence.

Percentage of students who were hit, slapped, or physically hurt on purpose by a boyfriend or girlfriend.



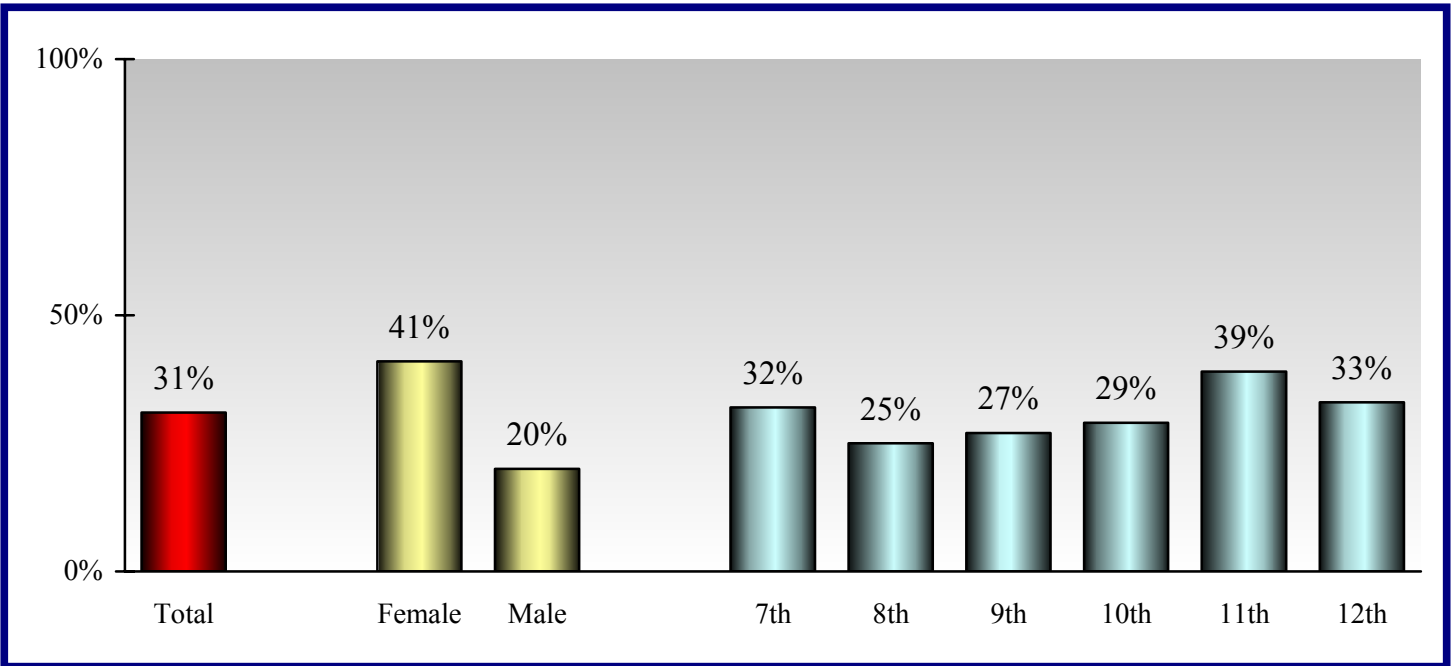
Percentage of students who have ever been forced to have sexual intercourse when they did not want to.



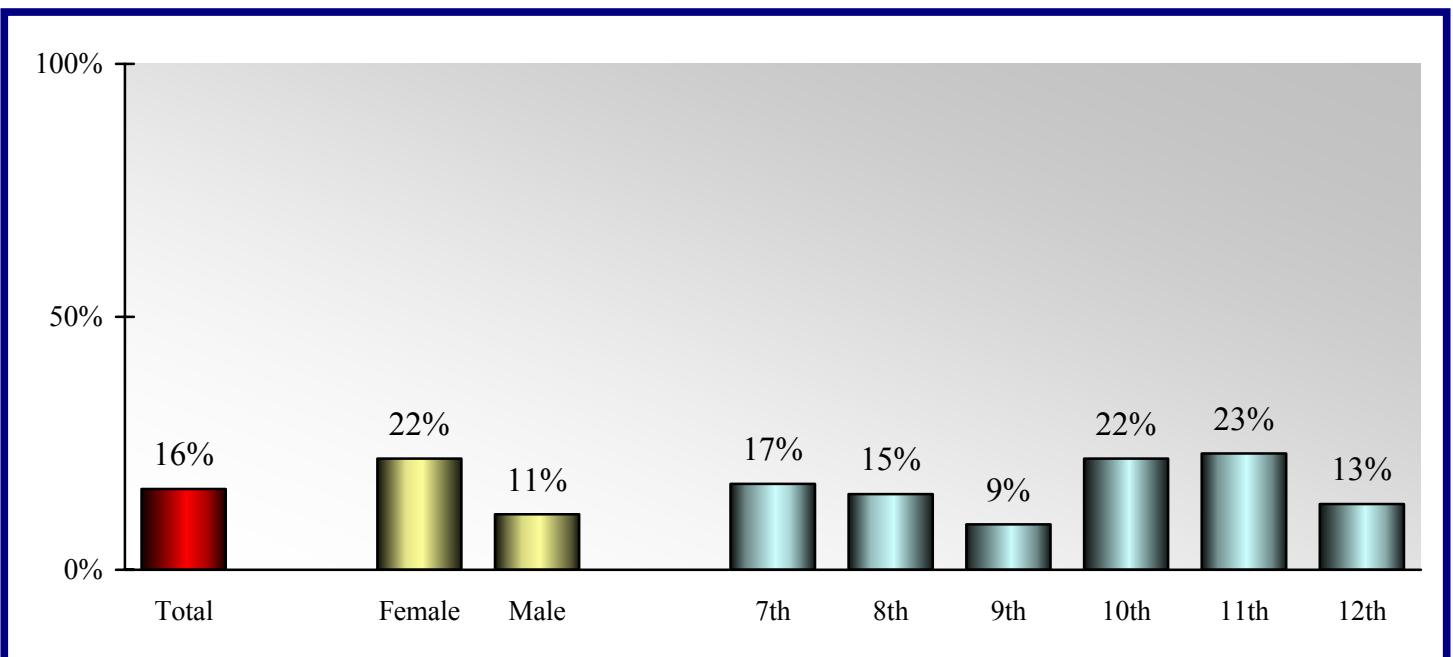
Depression and Suicide

These questions measure depression, suicide, suicide attempts, and the seriousness of those attempts.

Percentage of students who felt so sad or hopeless for two weeks or longer that they stopped doing some of their usual activities.



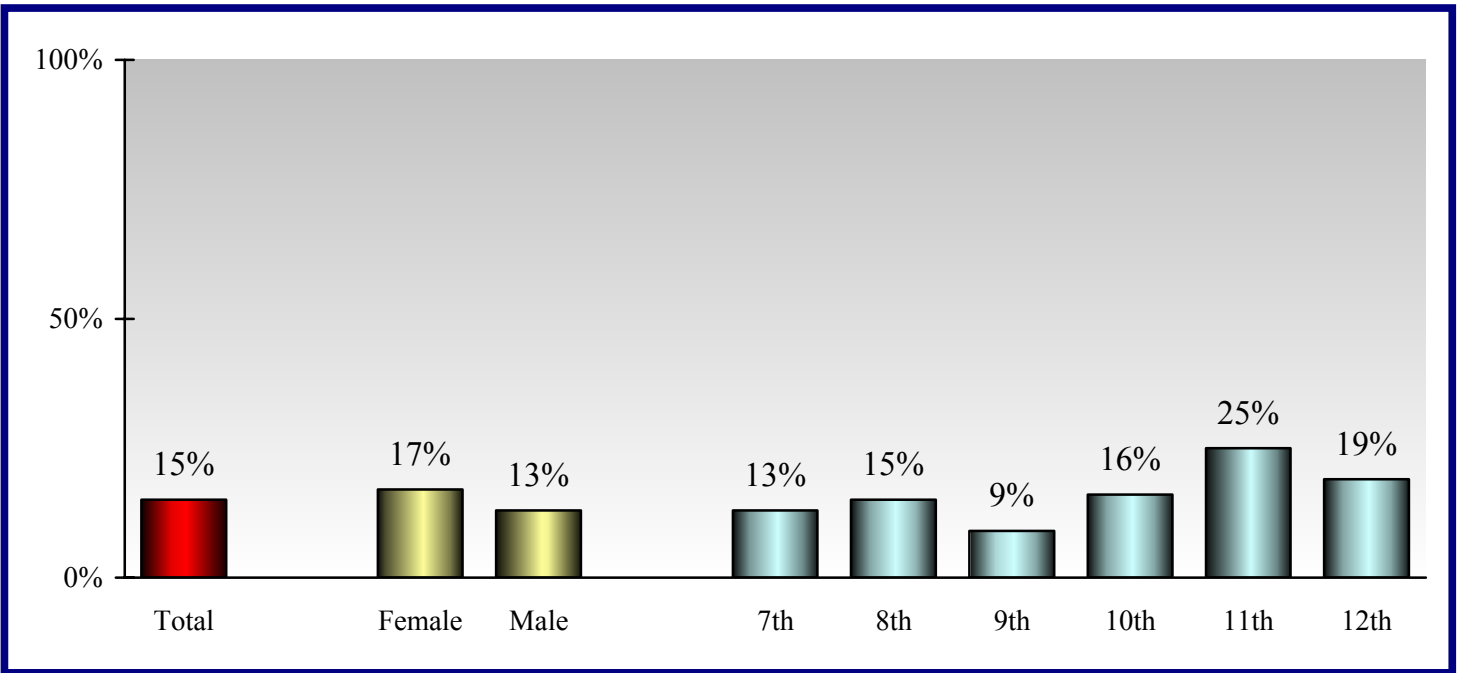
Percentage of students who seriously considered attempting suicide during the past 12 months.



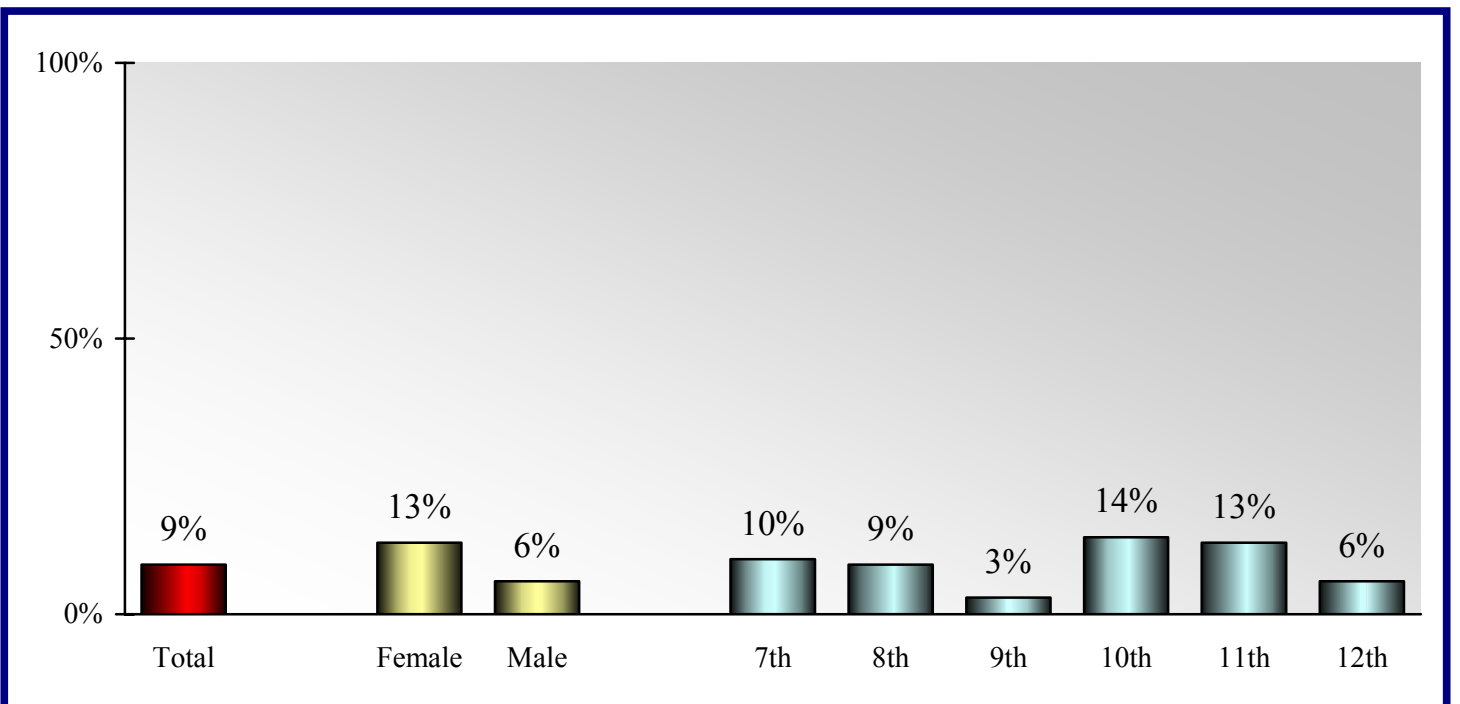
Depression and Suicide

These questions measure depression, suicide, suicide attempts, and the seriousness of those attempts.

Percentage of students who made a plan about how they would attempt suicide during the past 12 months.



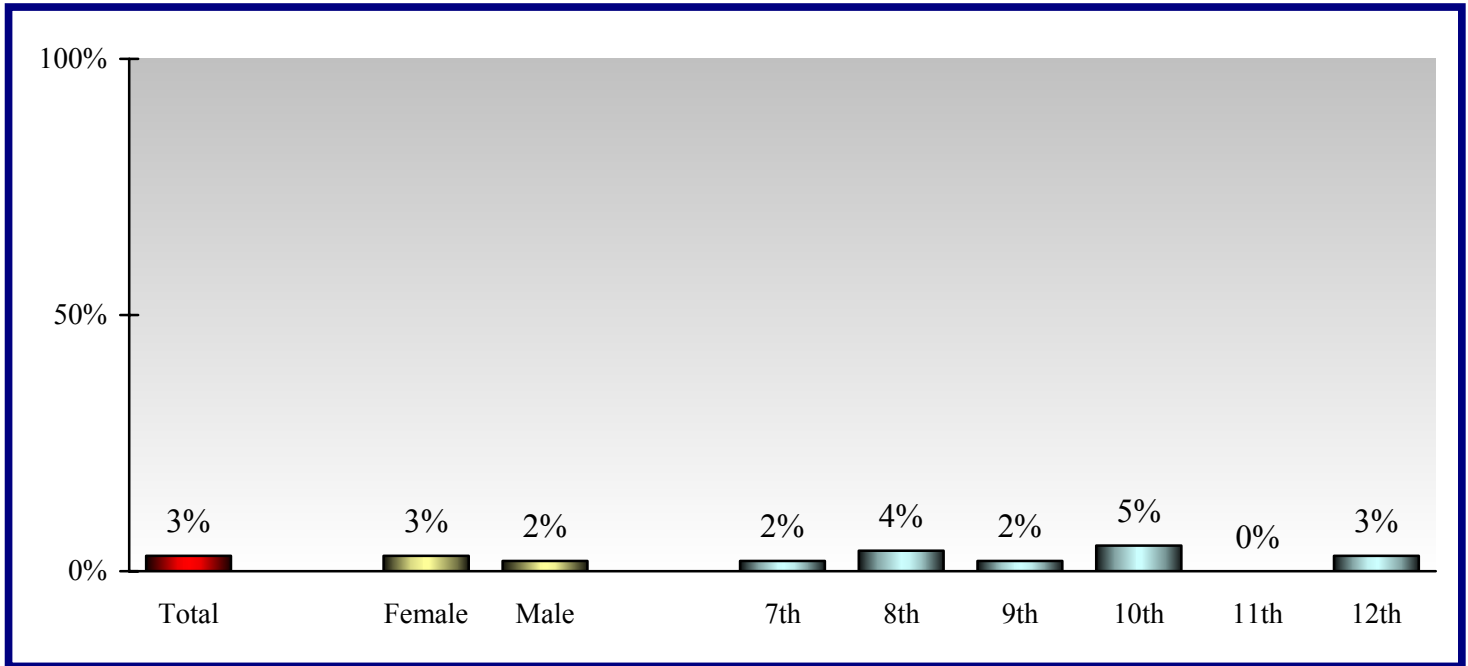
Percentage of students who actually attempted suicide one or more times during the past 12 months.



Depression and Suicide

These questions measure depression, suicide, suicide attempts, and the seriousness of those attempts.

Percentage of students who attempted suicide during the past 12 months resulting in injury, poisoning or overdose that had to be treated by a doctor or nurse.

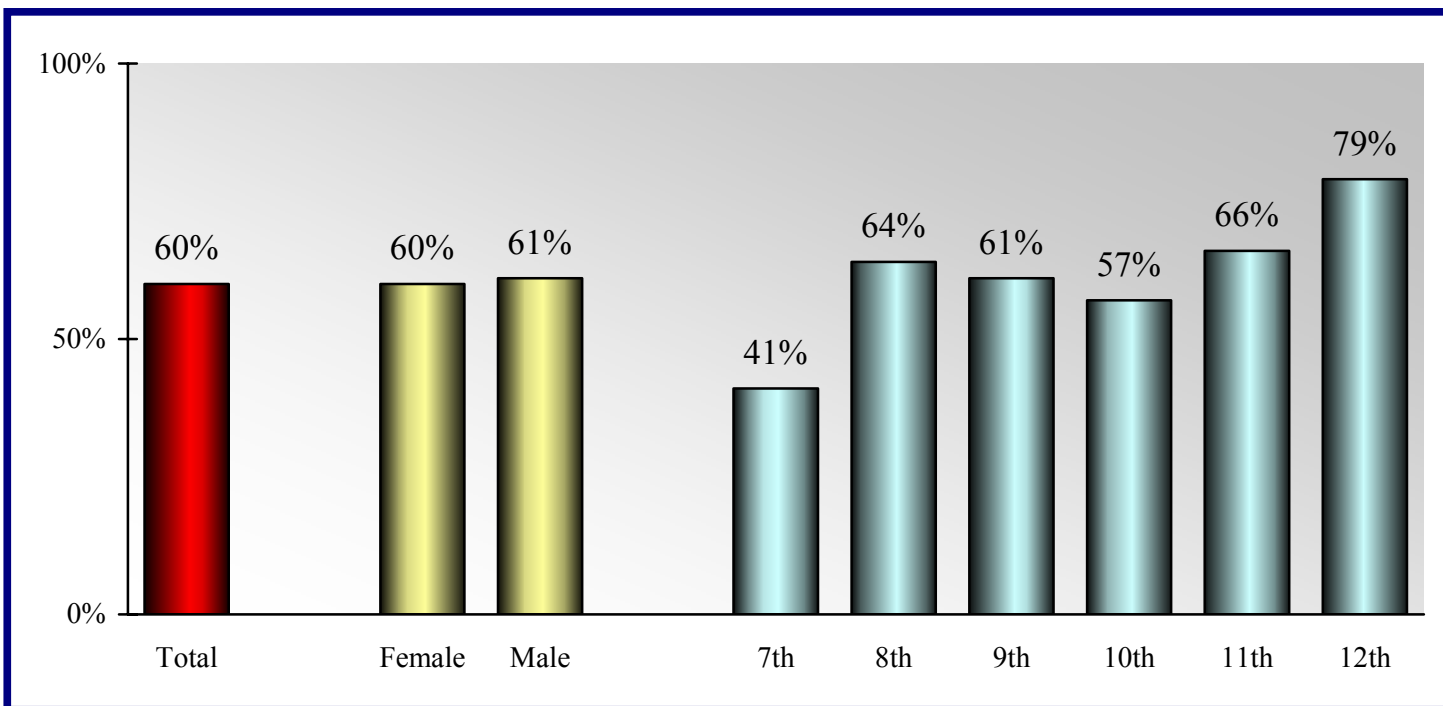




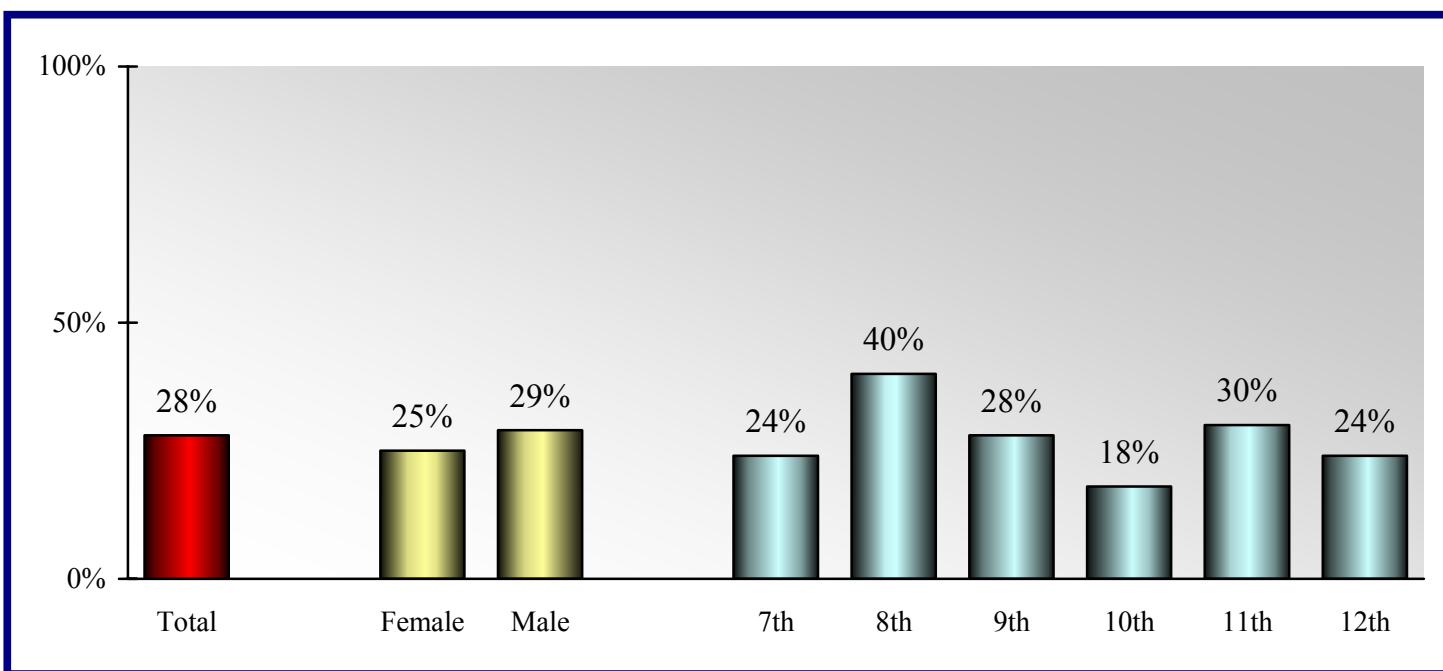
Tobacco Use – Cigarette Smoking

These questions measure smoking experimentation, current smoking patterns, age of initiation and attempt to quit smoking cigarettes.

Percentage of students who ever tried cigarette smoking, even one or two puffs.



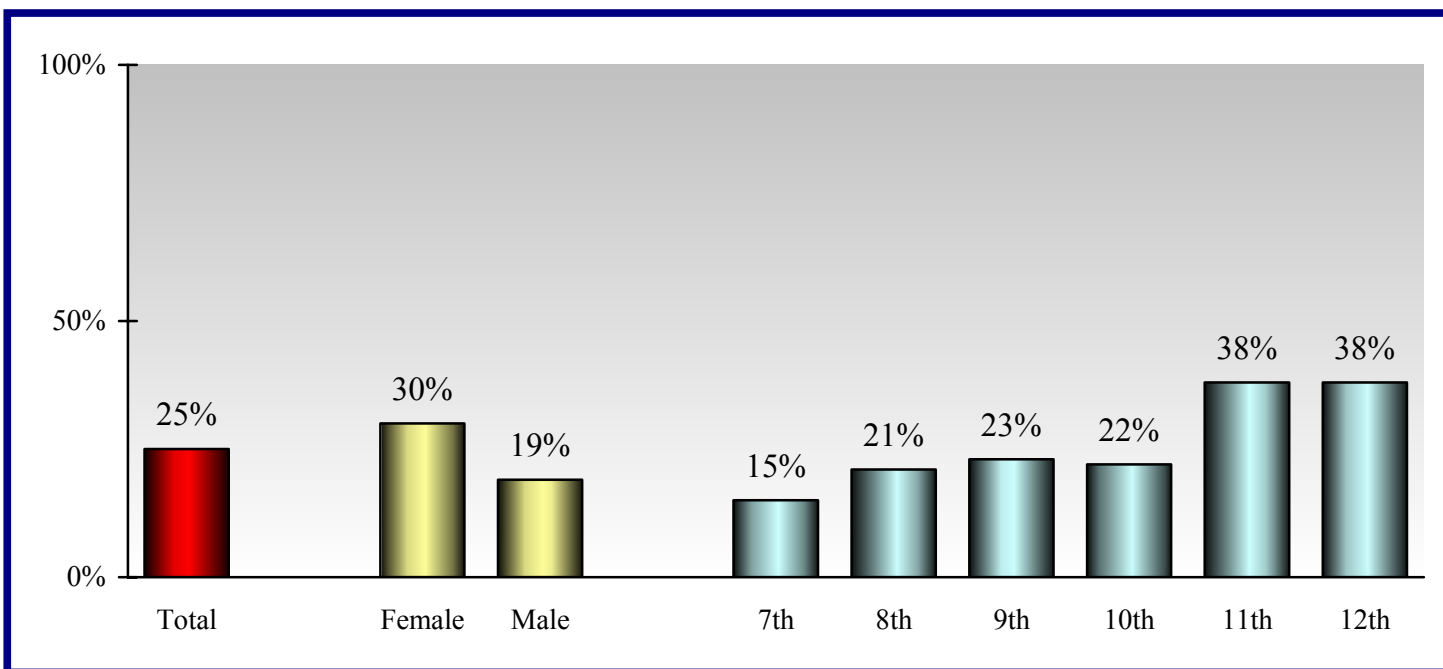
Percentage of students who smoked a whole cigarette for the first time before age 13.



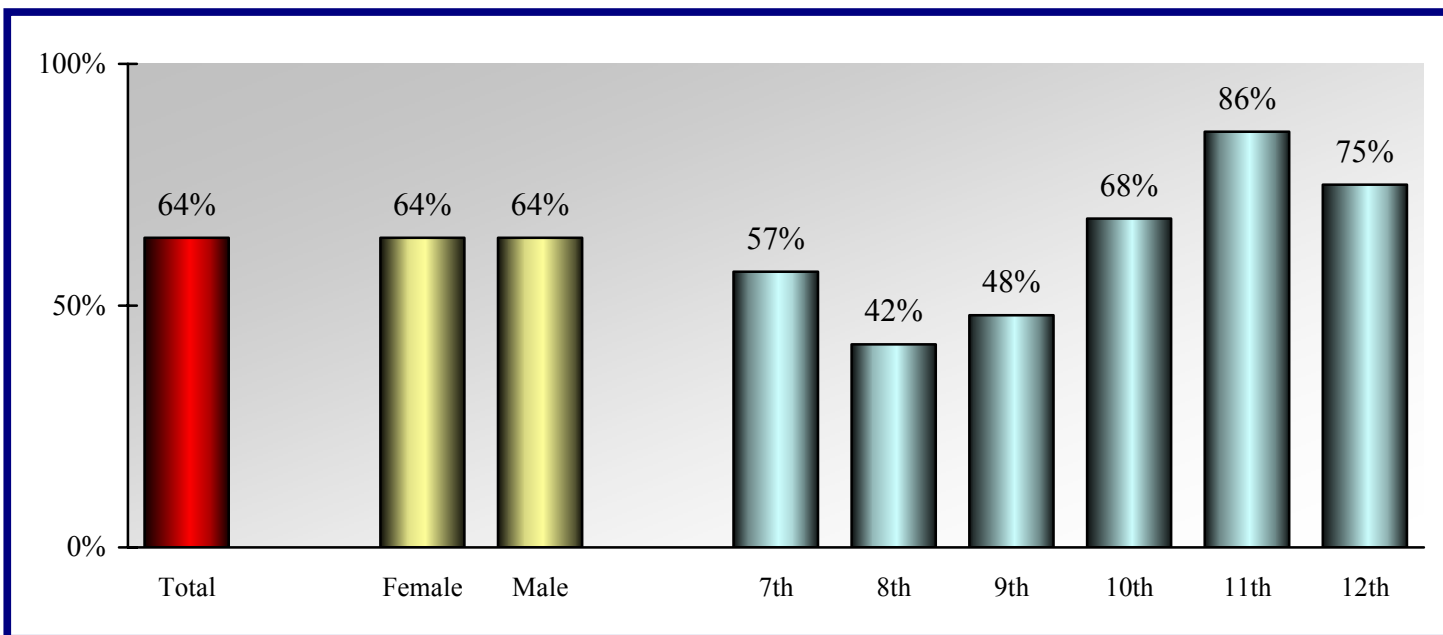
Tobacco Use – Cigarette Smoking

These questions measure smoking experimentation, current smoking patterns, age of initiation and attempt to quit smoking cigarettes.

Percentage of students who smoked cigarettes on one or more of the past 30 days.



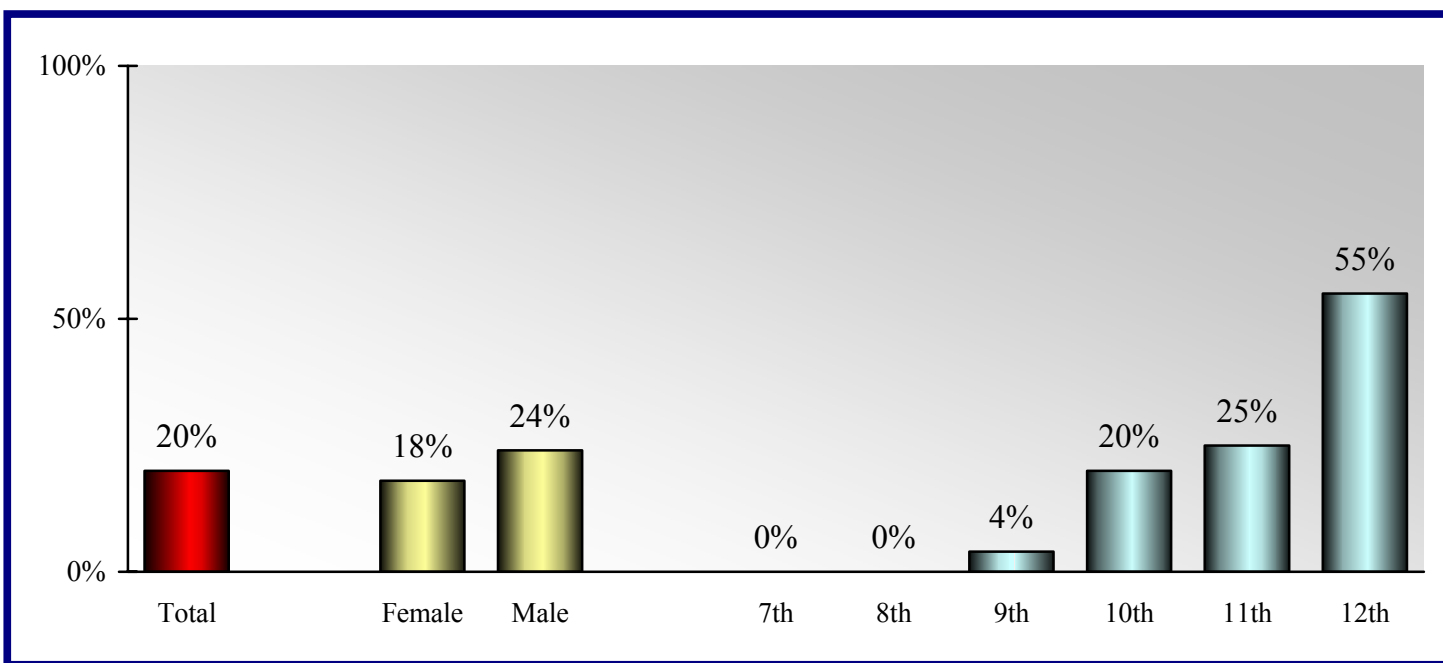
Of the students who smoked during the past 30 days, the percentage that smoked two or more cigarettes per day on the days they smoked.



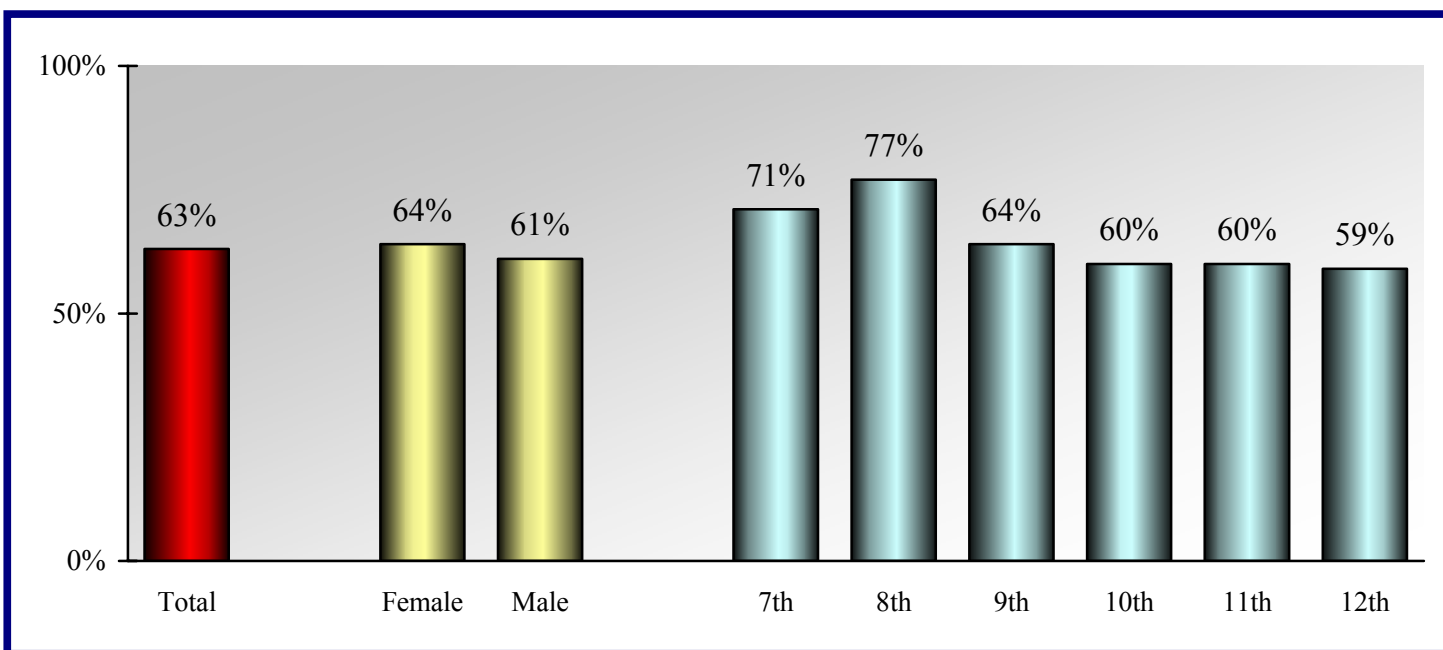
Tobacco Use – Cigarette Smoking

These questions measure smoking experimentation, current smoking patterns, age of initiation and attempt to quit smoking cigarettes.

Of students who smoked during the past 30 days, percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



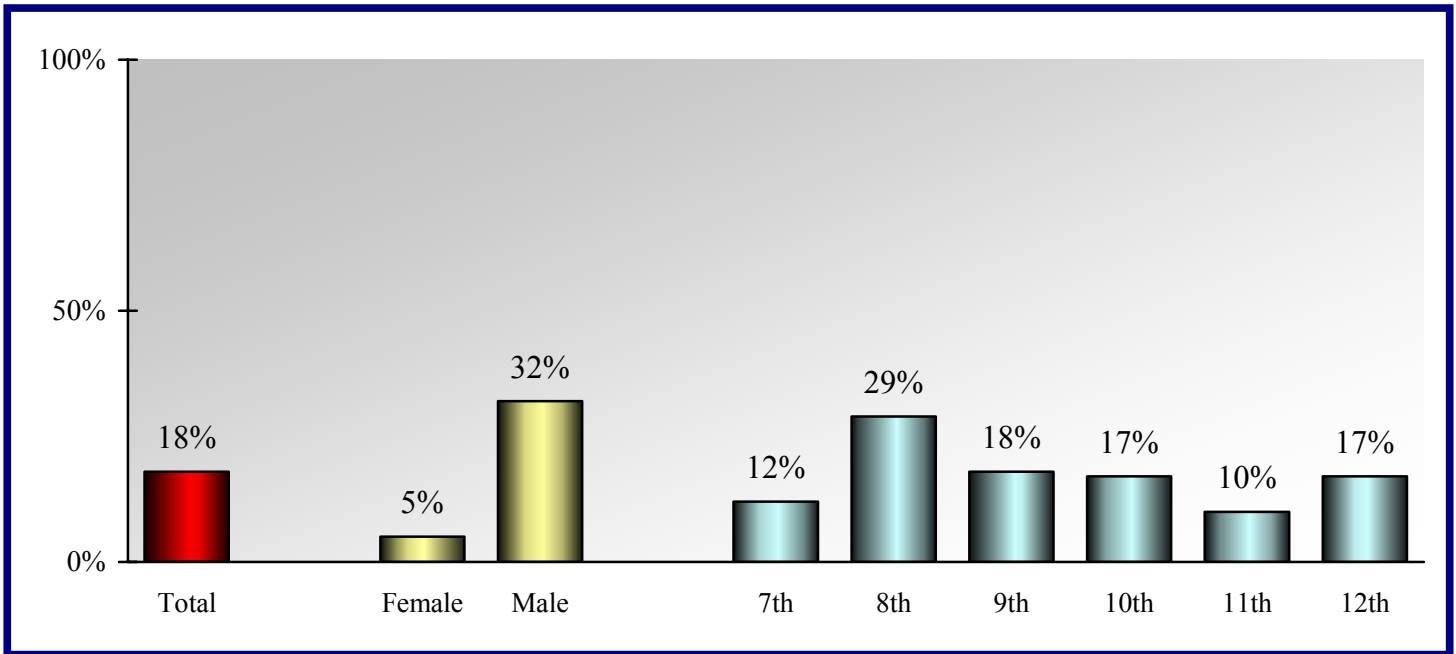
Of the students who have smoked regularly, the percentage who ever tried to quit smoking cigarettes.



Tobacco Use – Smokeless Tobacco

This question measures smokeless tobacco use.

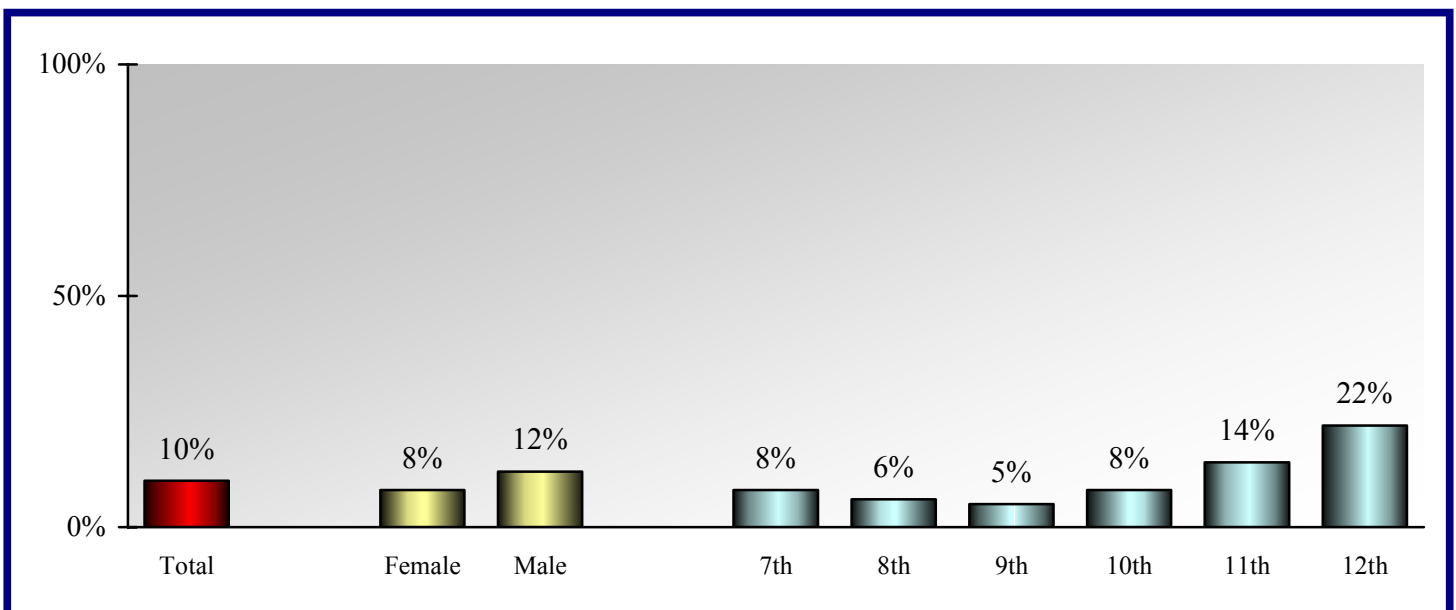
Percentage of students who used chewing tobacco or snuff on one or more of the past 30 days.



Tobacco Use – Cigar

This question measures cigar smoking.

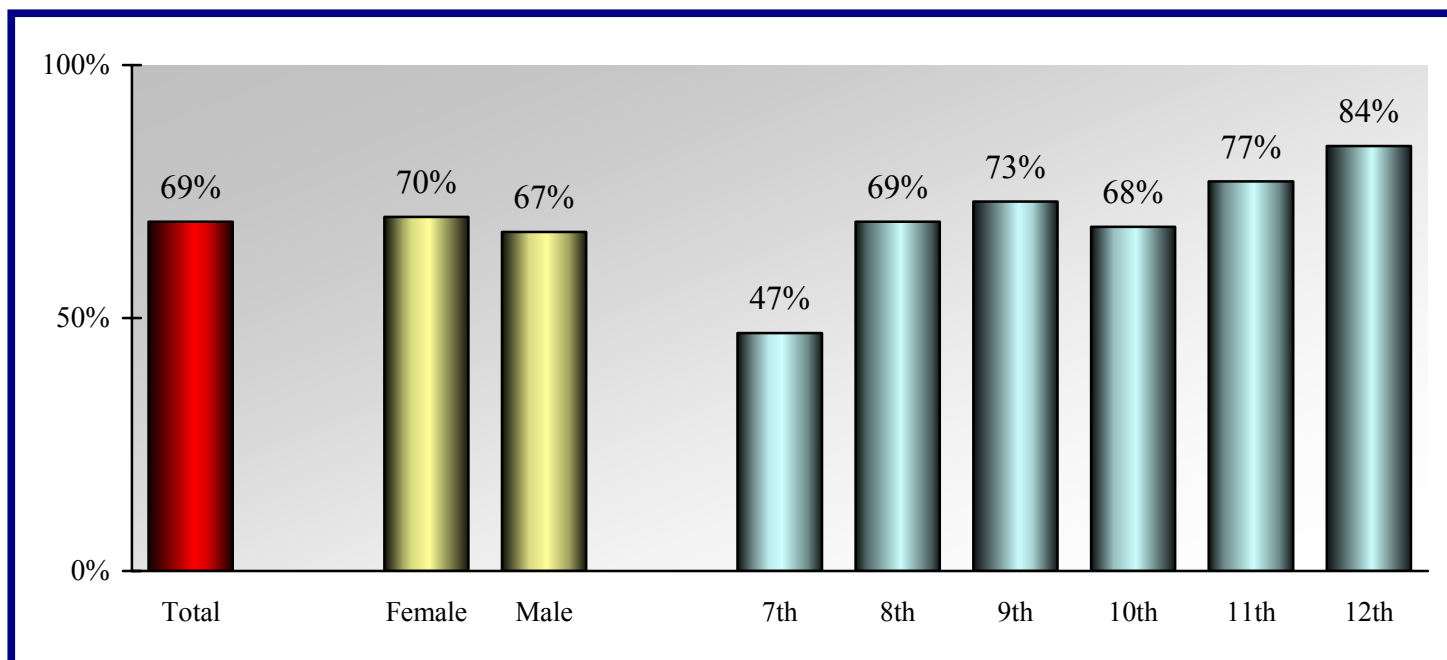
Percentage of students who smoked cigars, cigarillos, or little cigars during the past 30 days.



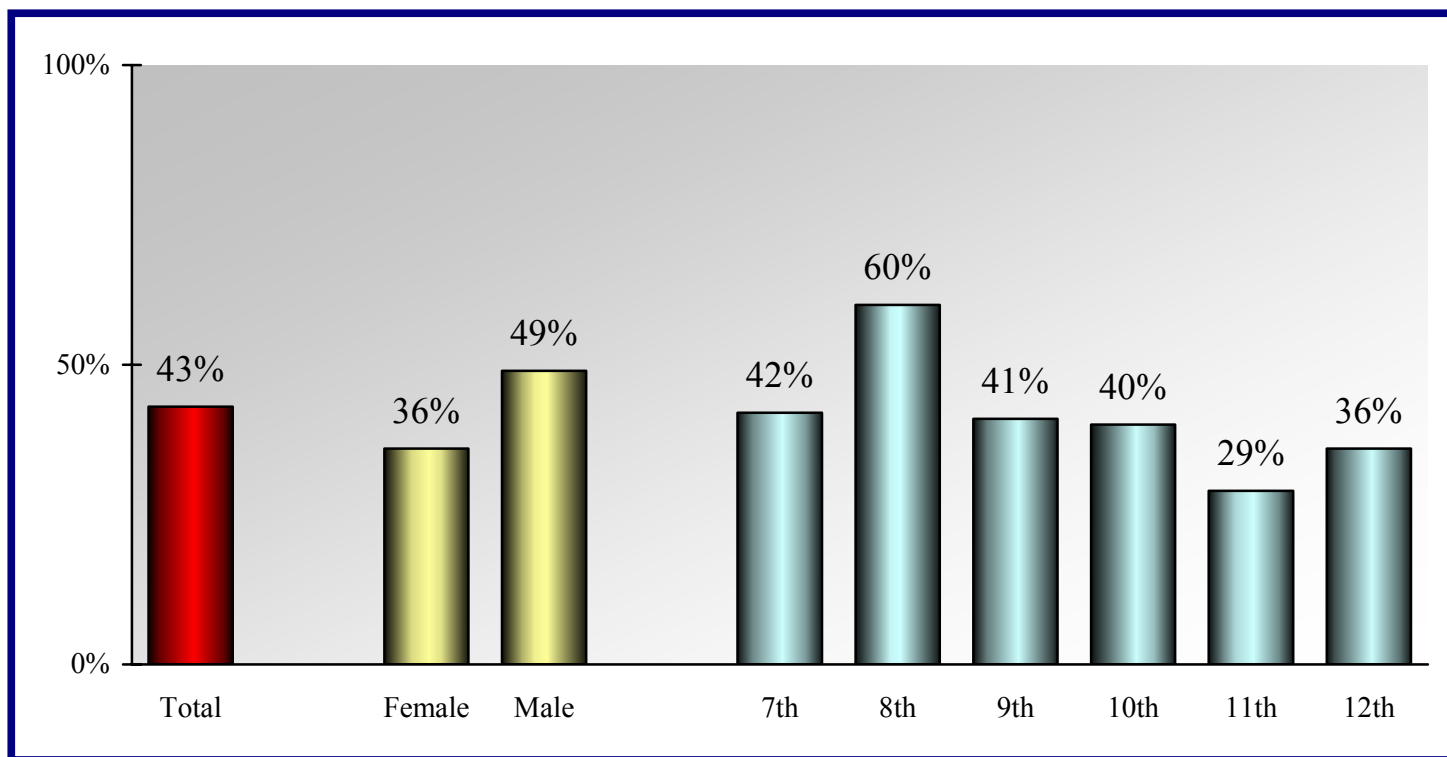
Alcohol Use

These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

Percentage of students who had at least one drink of alcohol on one or more days during their life.



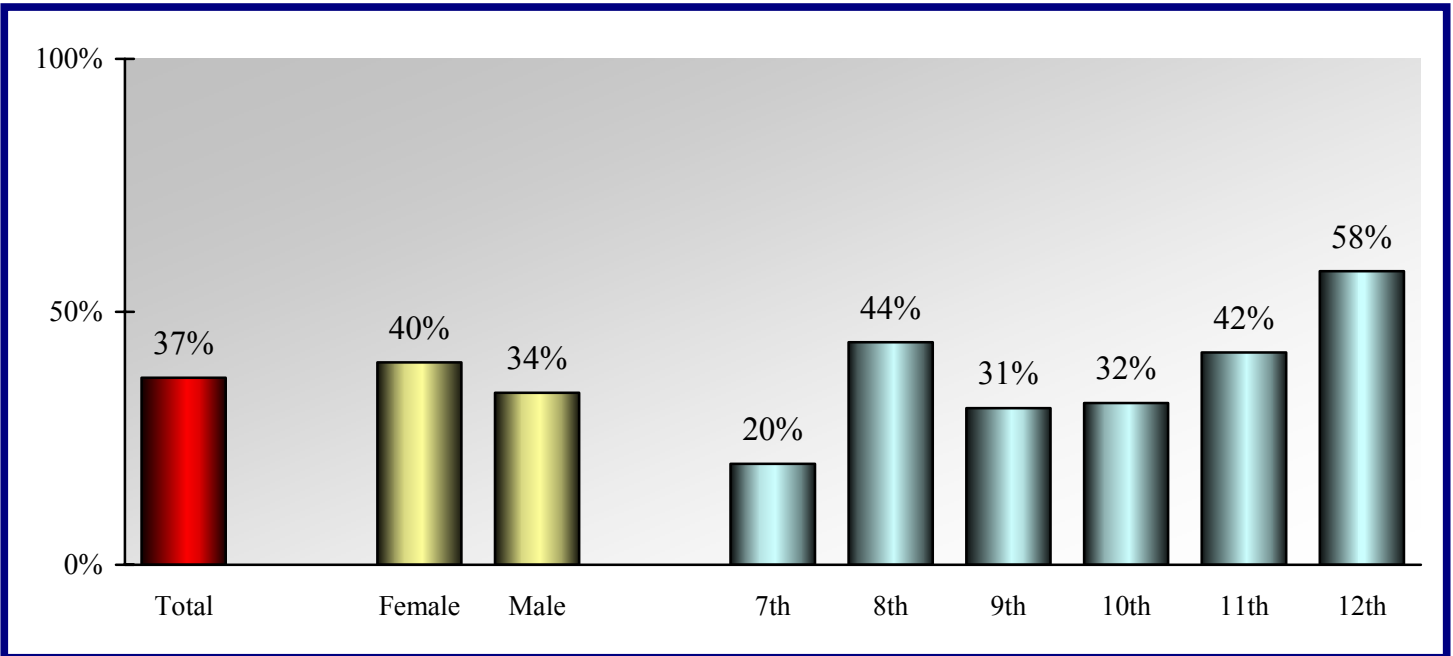
Percentage of students who had their first drink of alcohol other than a few sips before age 13.



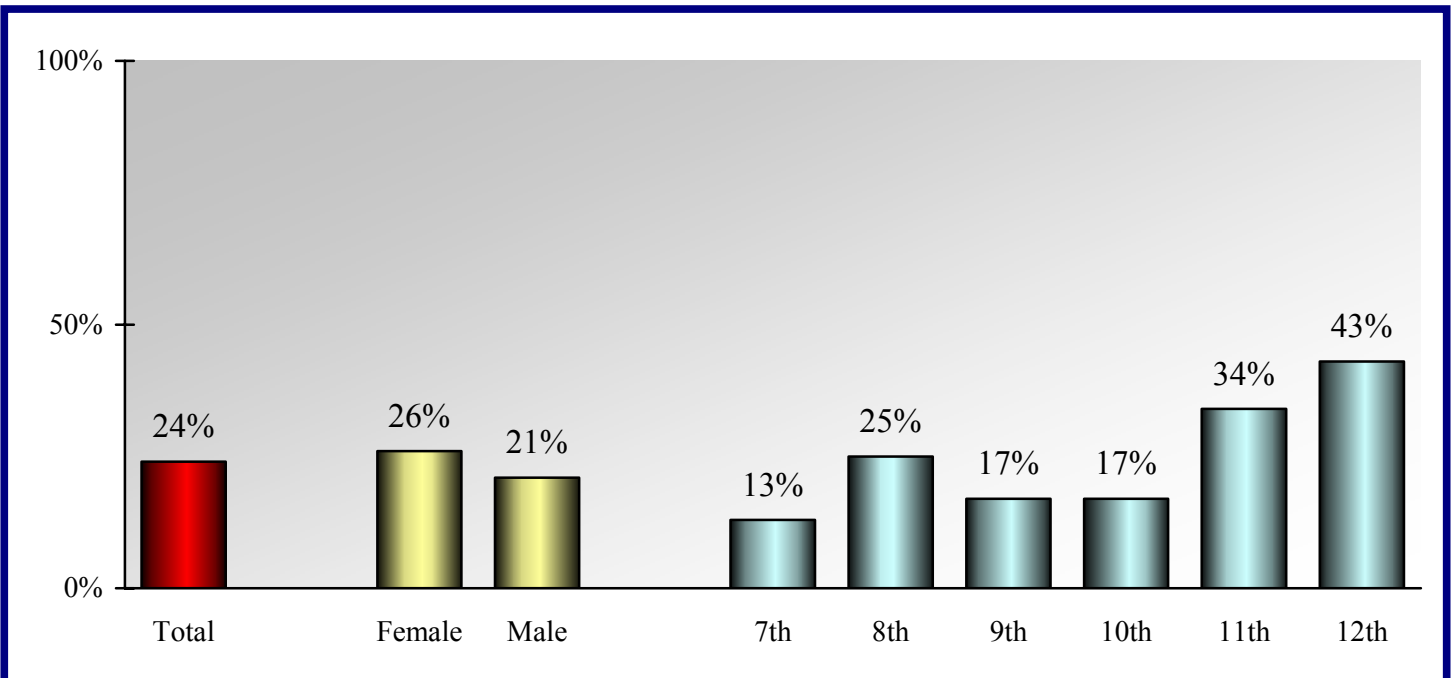
Alcohol Use

These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



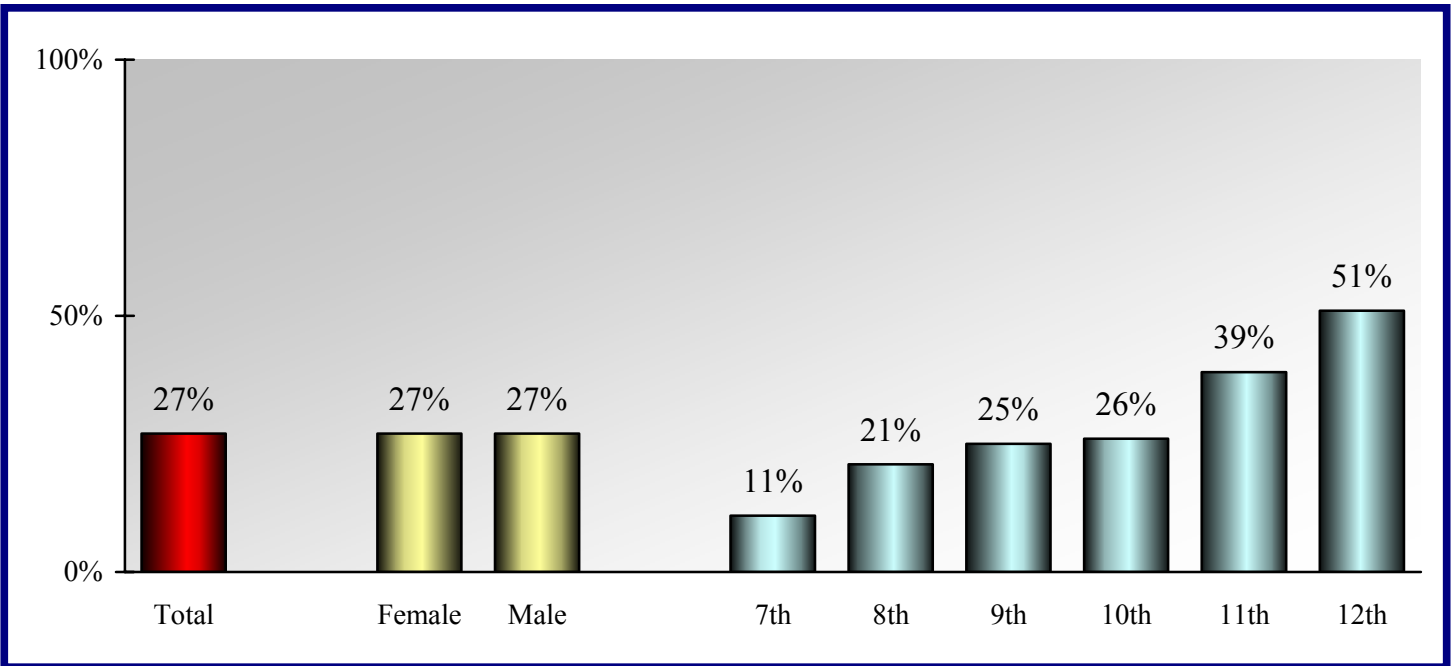
Percentage of students who had five or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.



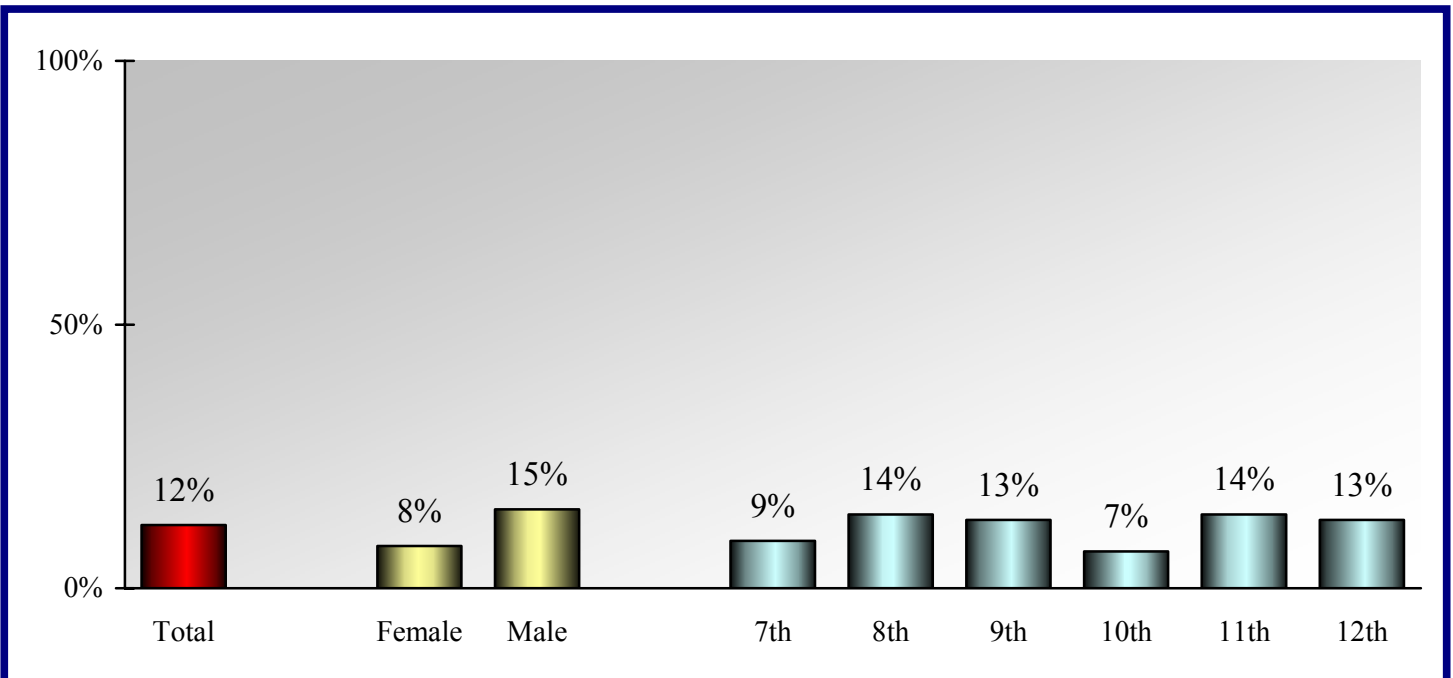
Drug Use

These questions measure the frequency of illegal drug use.

Percentage of students who used marijuana one or more times during their life.



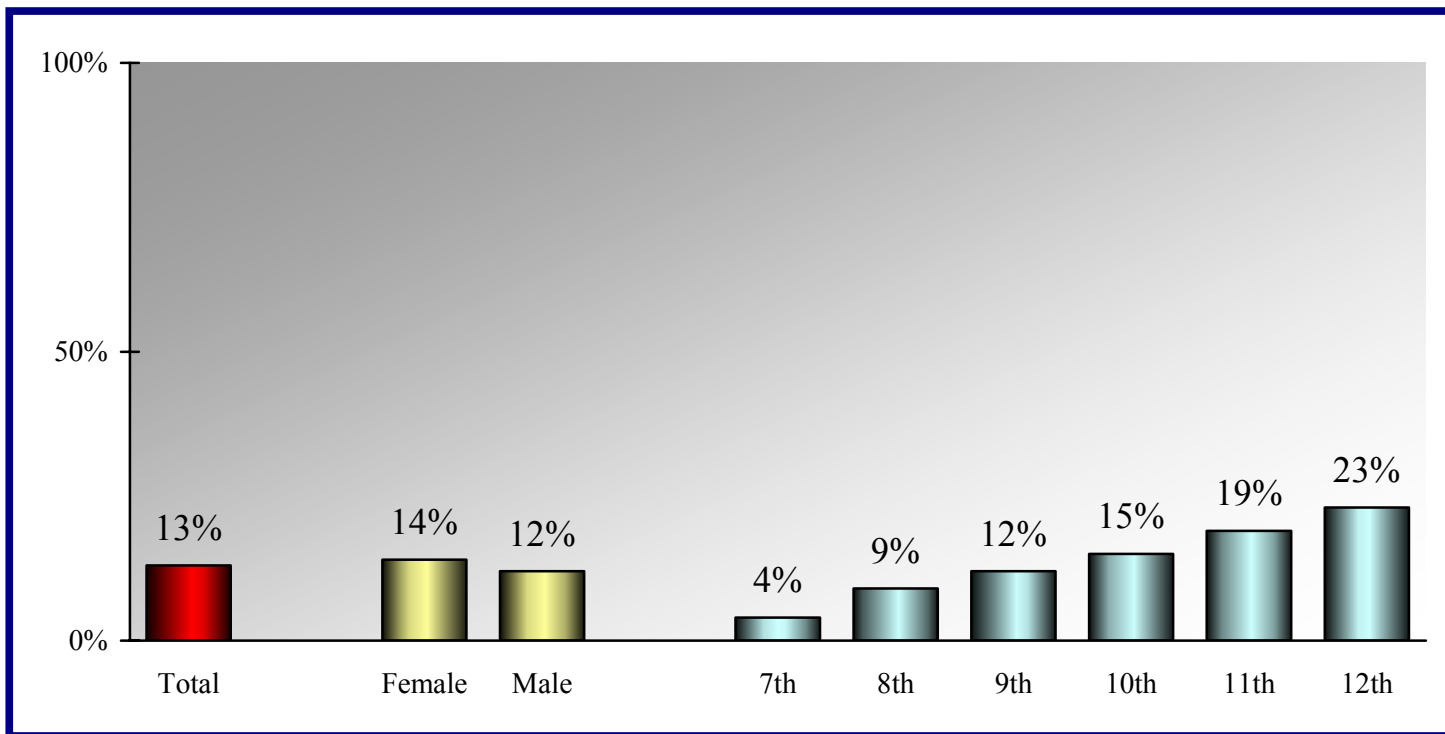
Percentage of students who tried marijuana for the first time before age 13.



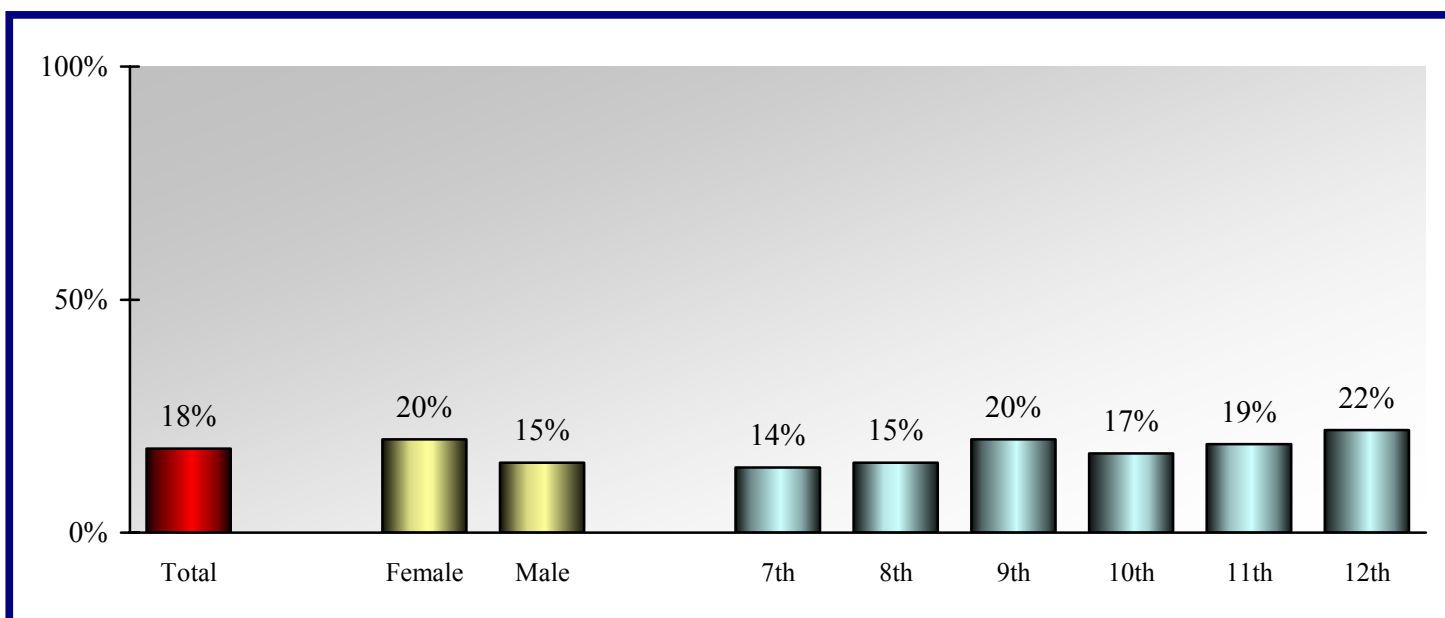
■ Drug Use

These questions measure the frequency of illegal drug use.

Percentage of students who used marijuana one or more times during the past 30 days.



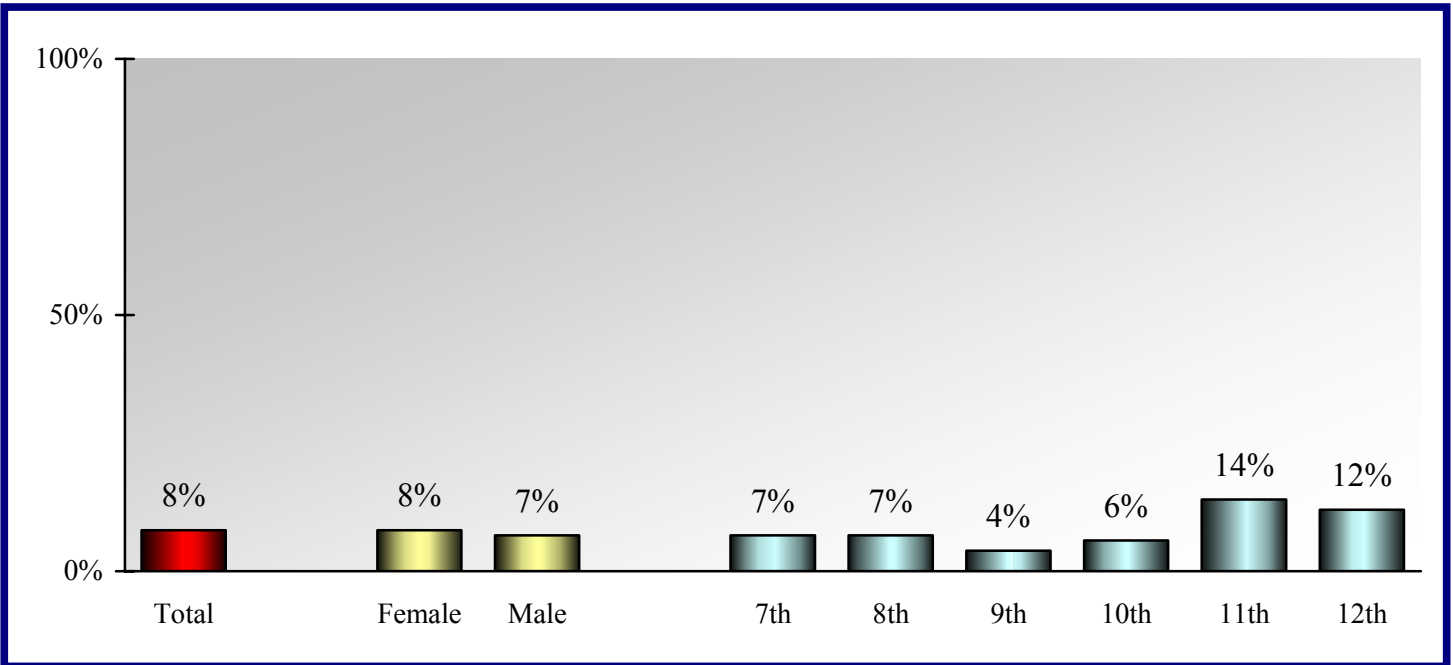
Percentage of students, who sniffed glue, breathed the contents of aerosol spray cans or inhaled any paints or sprays to get high during their life.



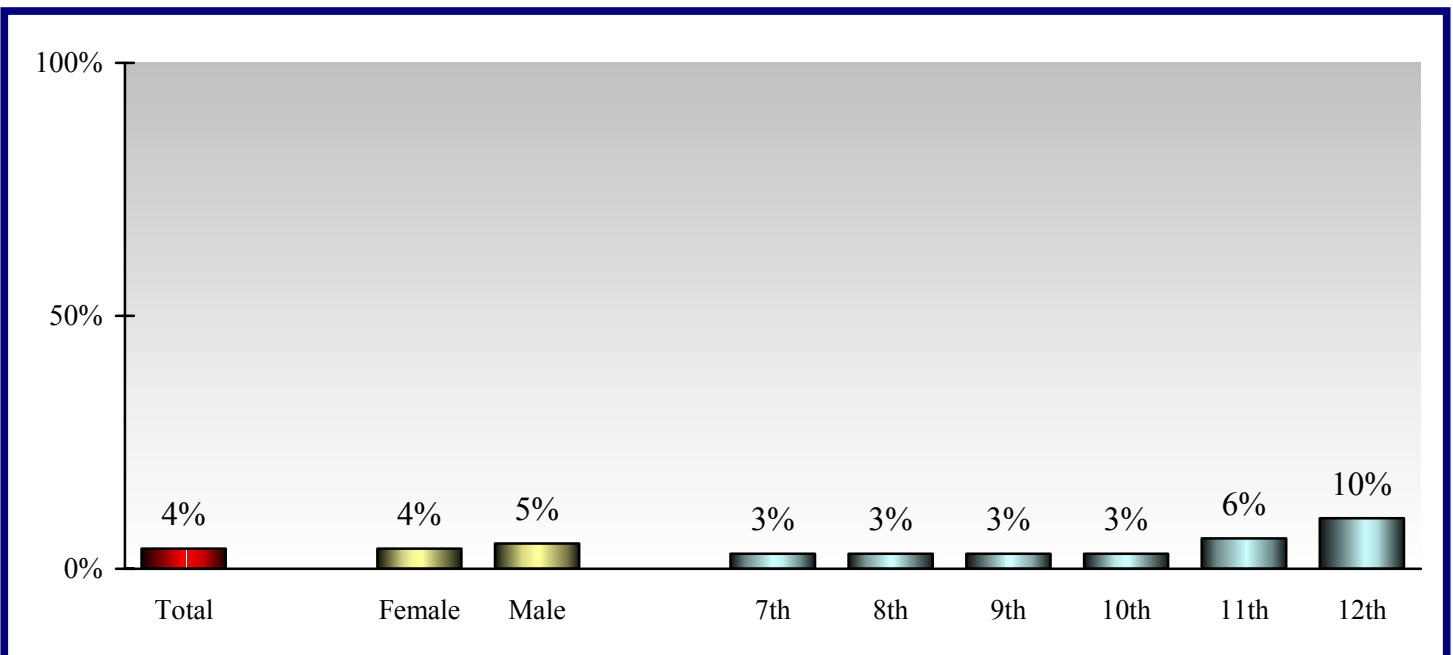
■ Drug Use

These questions measure the frequency of illegal drug use.

Percentage of students who used methamphetamines one or more times during their life.



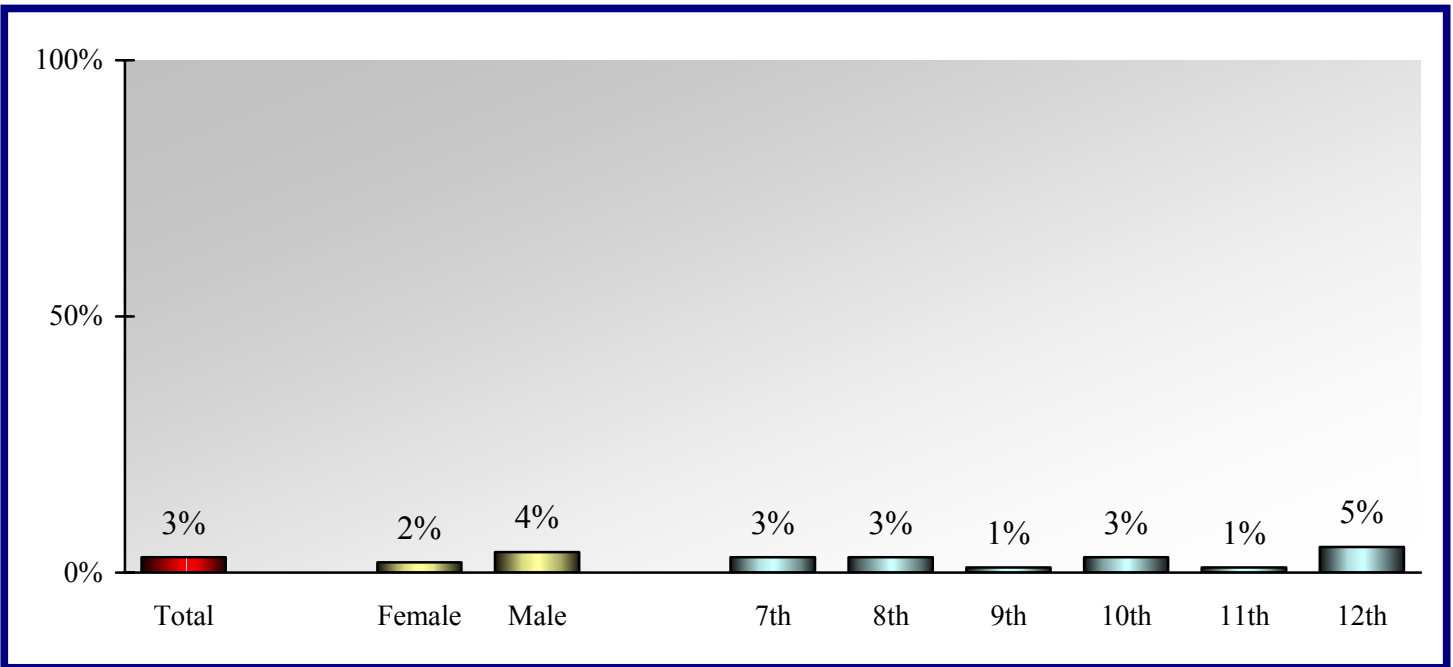
Percentage of students who used ecstasy one or more times during their life.



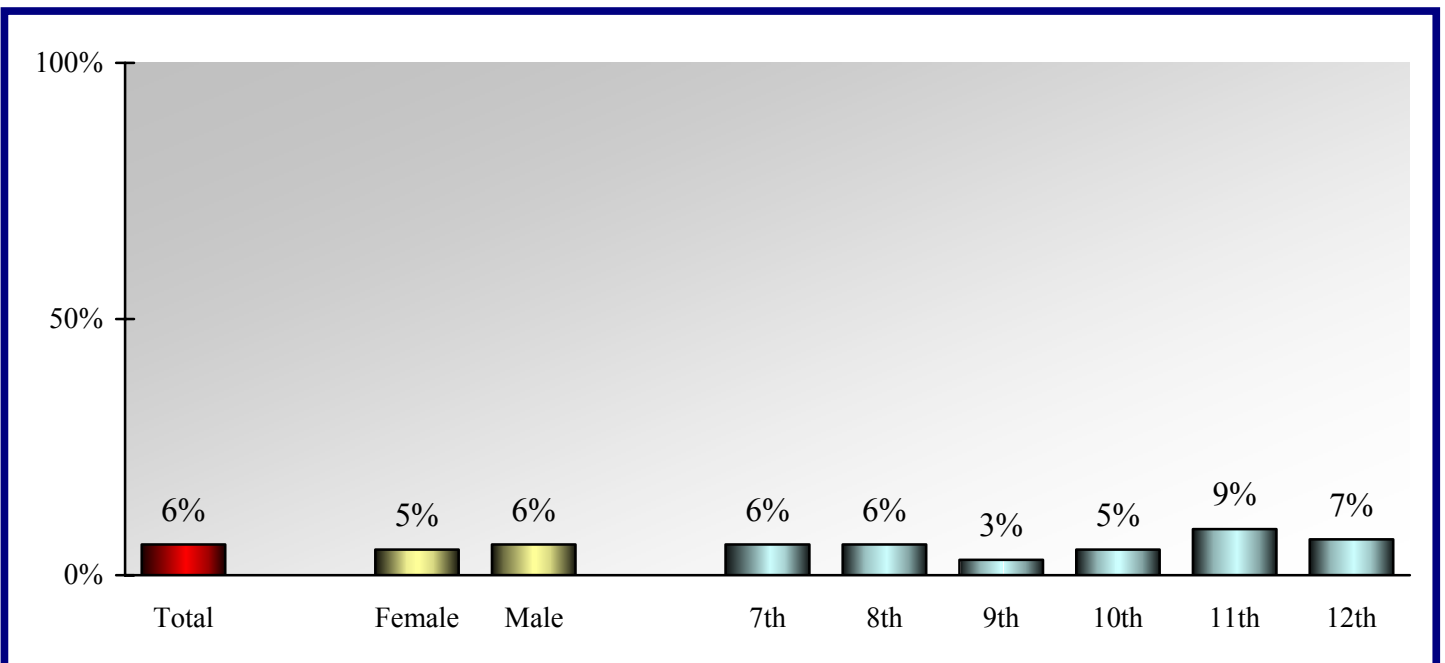
■ Drug Use

These questions measure the frequency of illegal drug use.

Percentage of students who used heroin one or more times during their life.



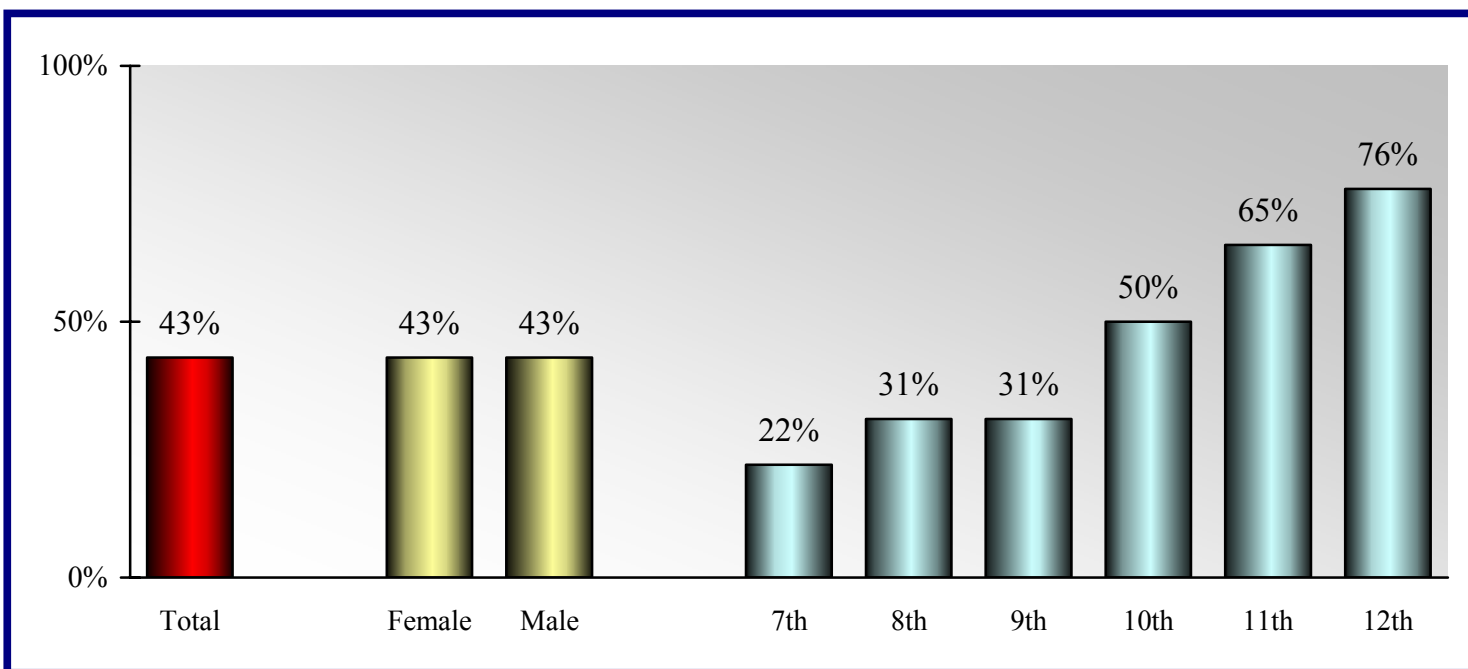
Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.



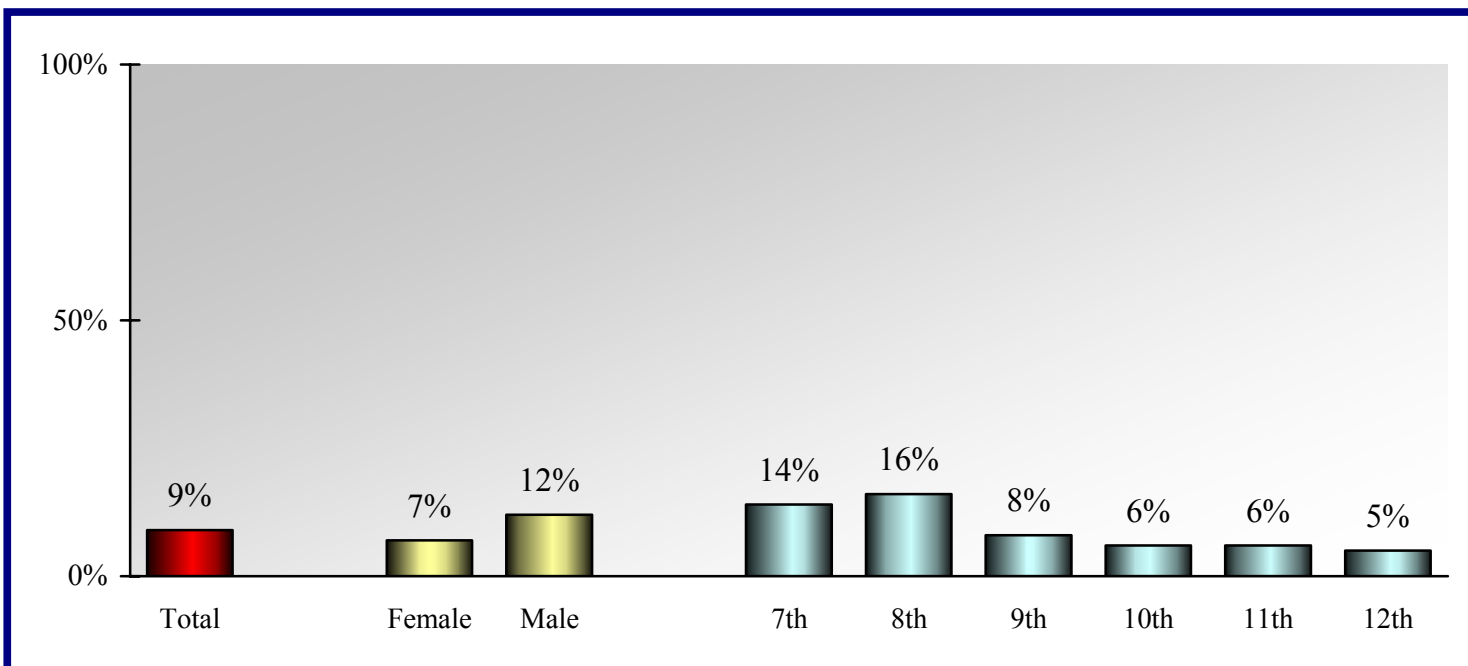
Sexual Activity

These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse and alcohol and drug use related to sexual activity.

Percentage of students who have had sexual intercourse.



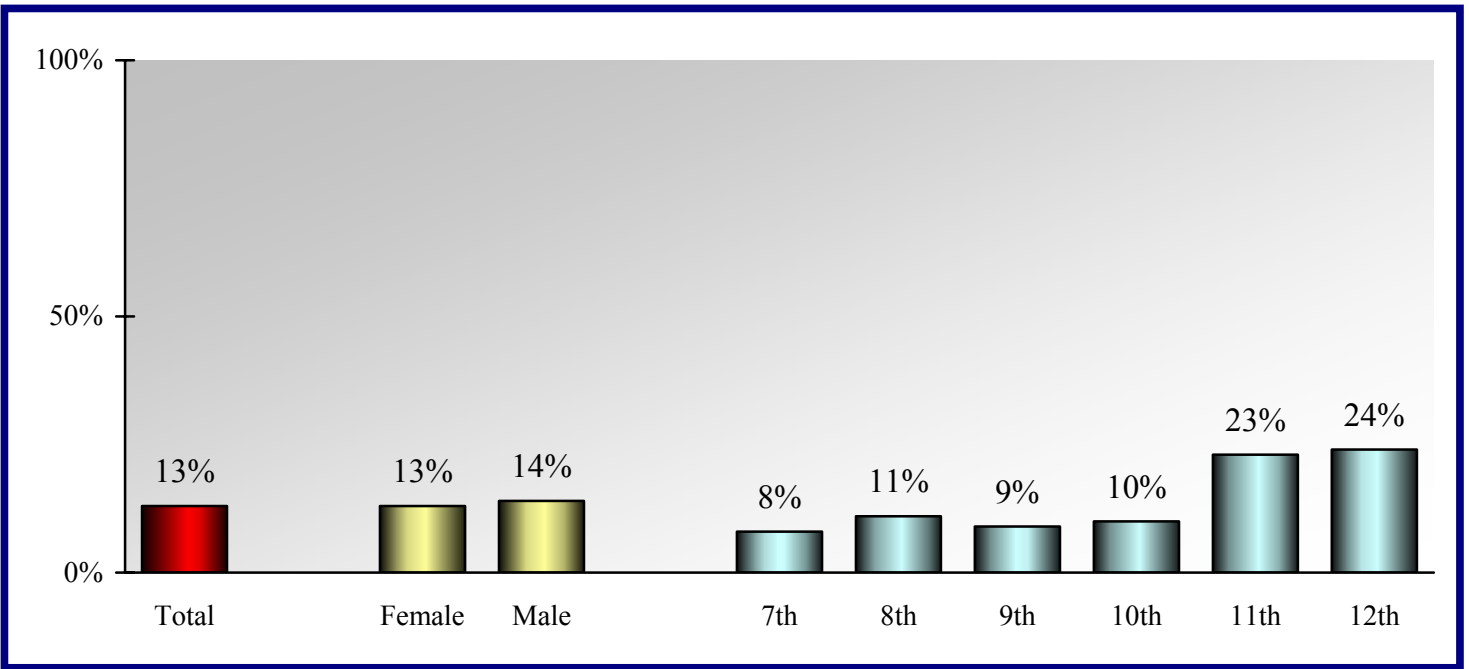
Percentage of students who had sexual intercourse for the first time before age 13.



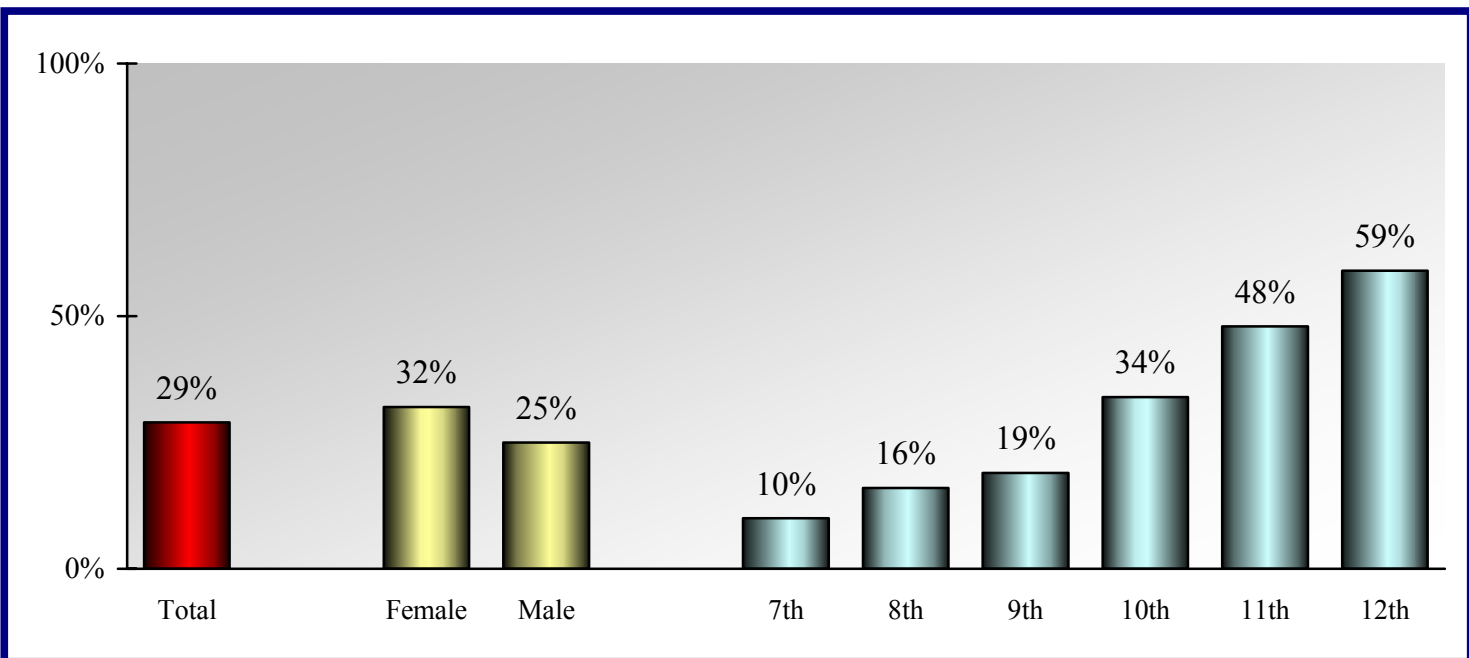
Sexual Activity

These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse and alcohol and drug use related to sexual activity.

Percentage of students who had sexual intercourse with four or more people during their life.



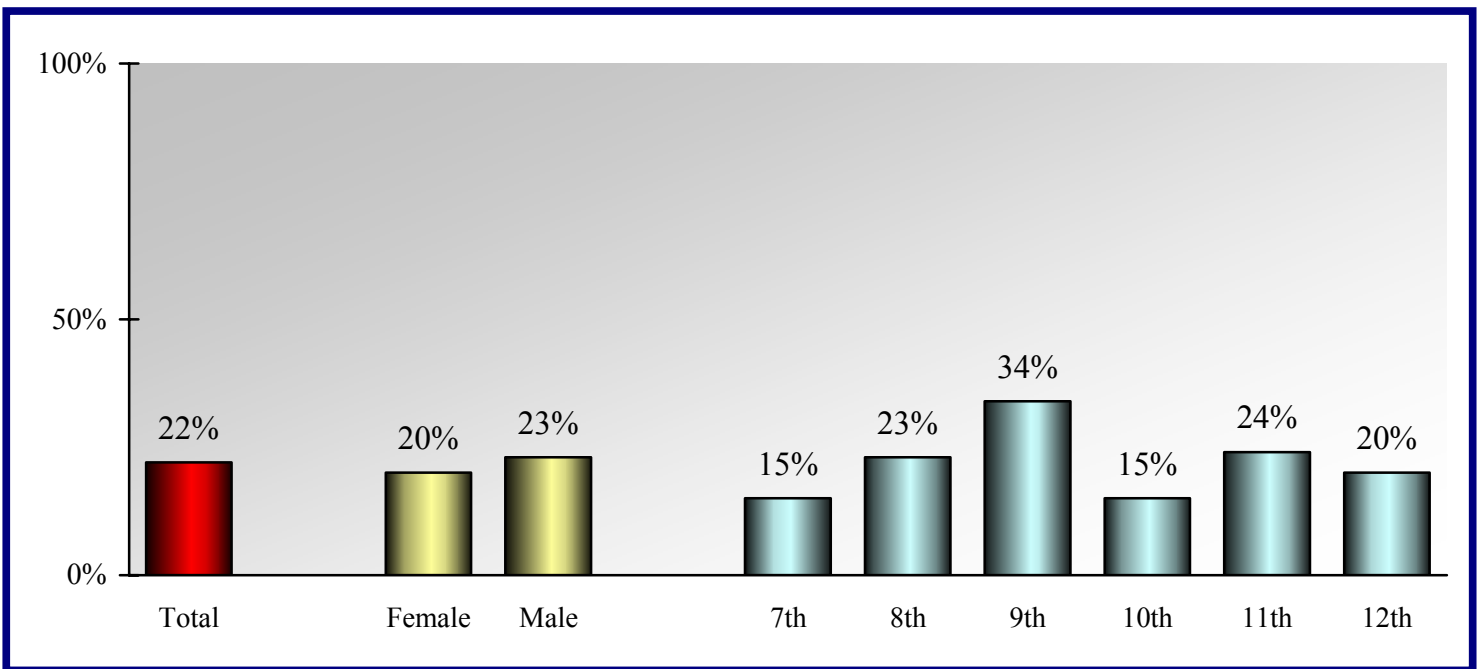
Percentage of students who had sexual intercourse during the past three months.



Sexual Activity

These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse and alcohol and drug use related to sexual activity.

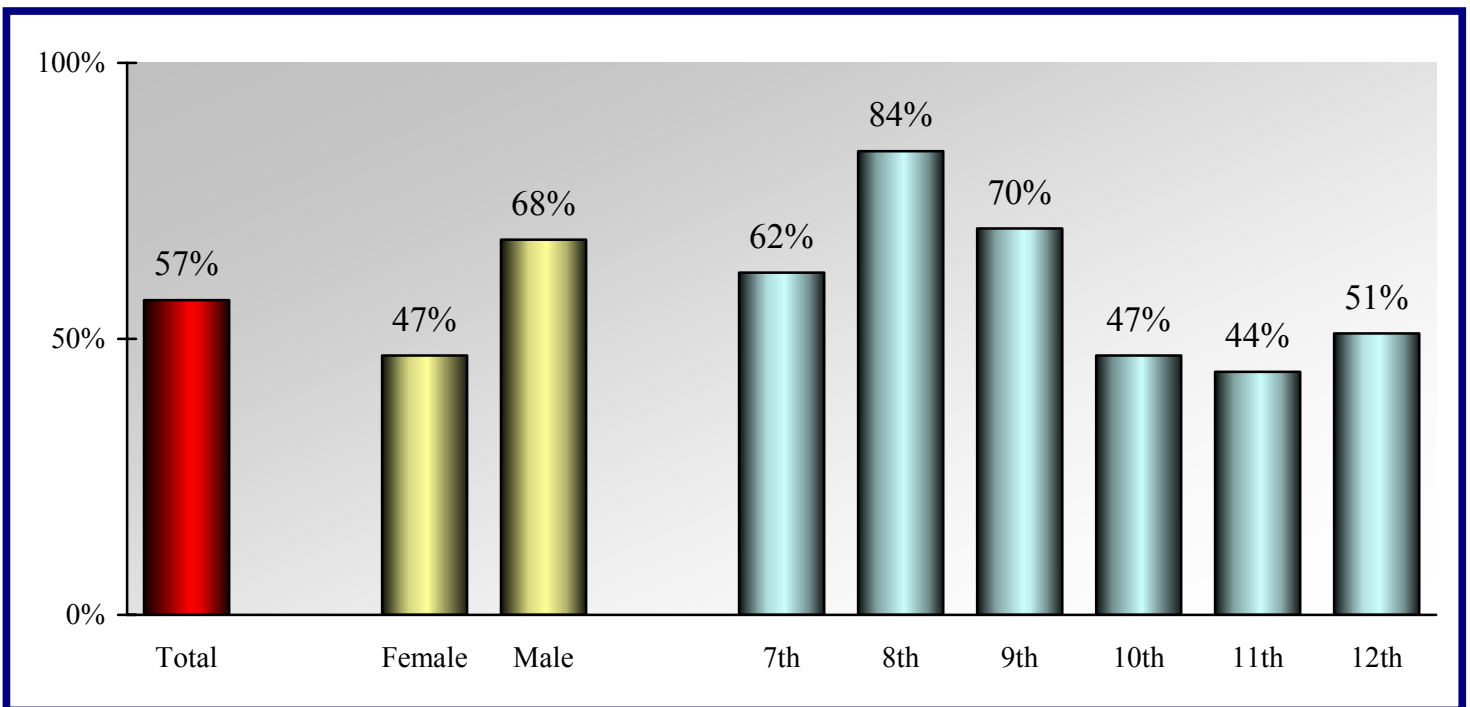
Of those who had sexual intercourse, the percentage that drank alcohol or used drugs before last sexual intercourse.



Contraception

These questions measure use of contraception and identify whether a student has been pregnant or gotten someone pregnant.

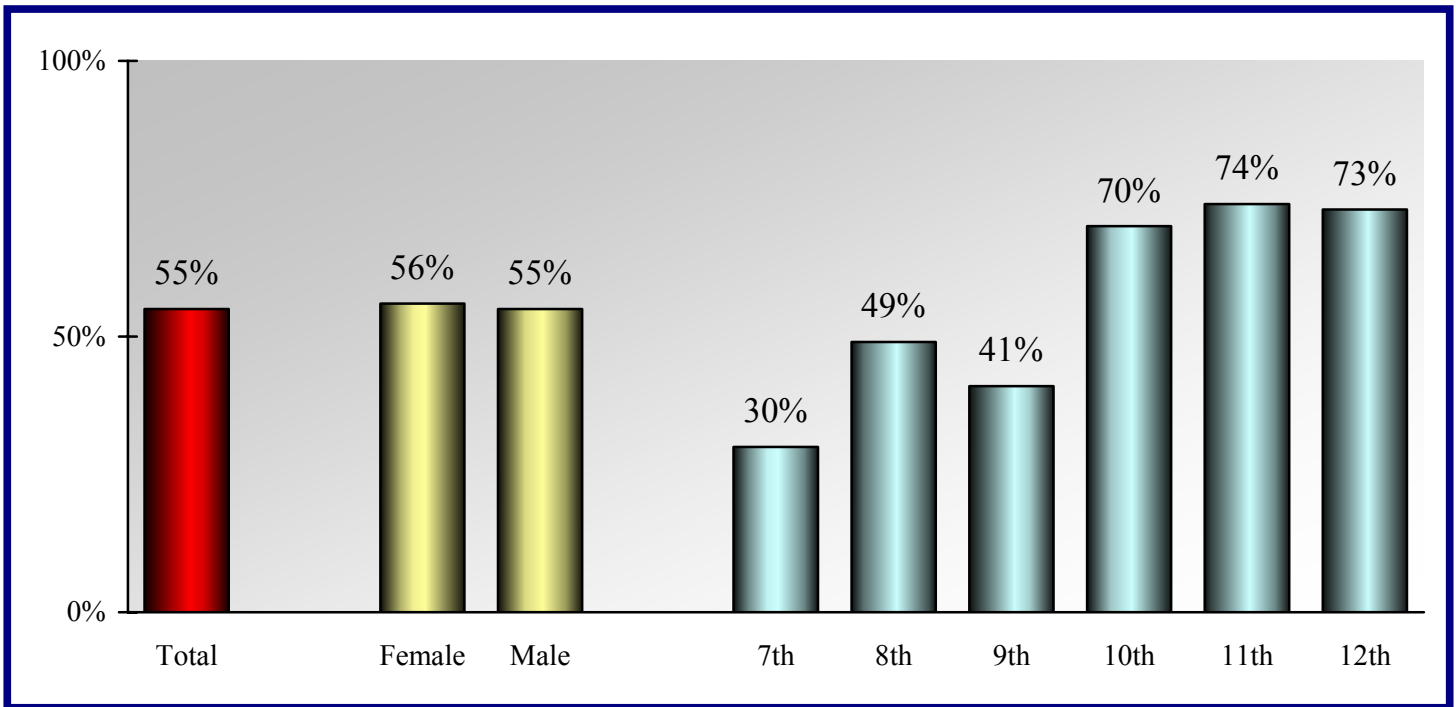
Of students who had sexual intercourse, the percentage who used a condom during the last sexual intercourse.



AIDS, HIV, & STDs

This question measures whether students have received HIV information at school.

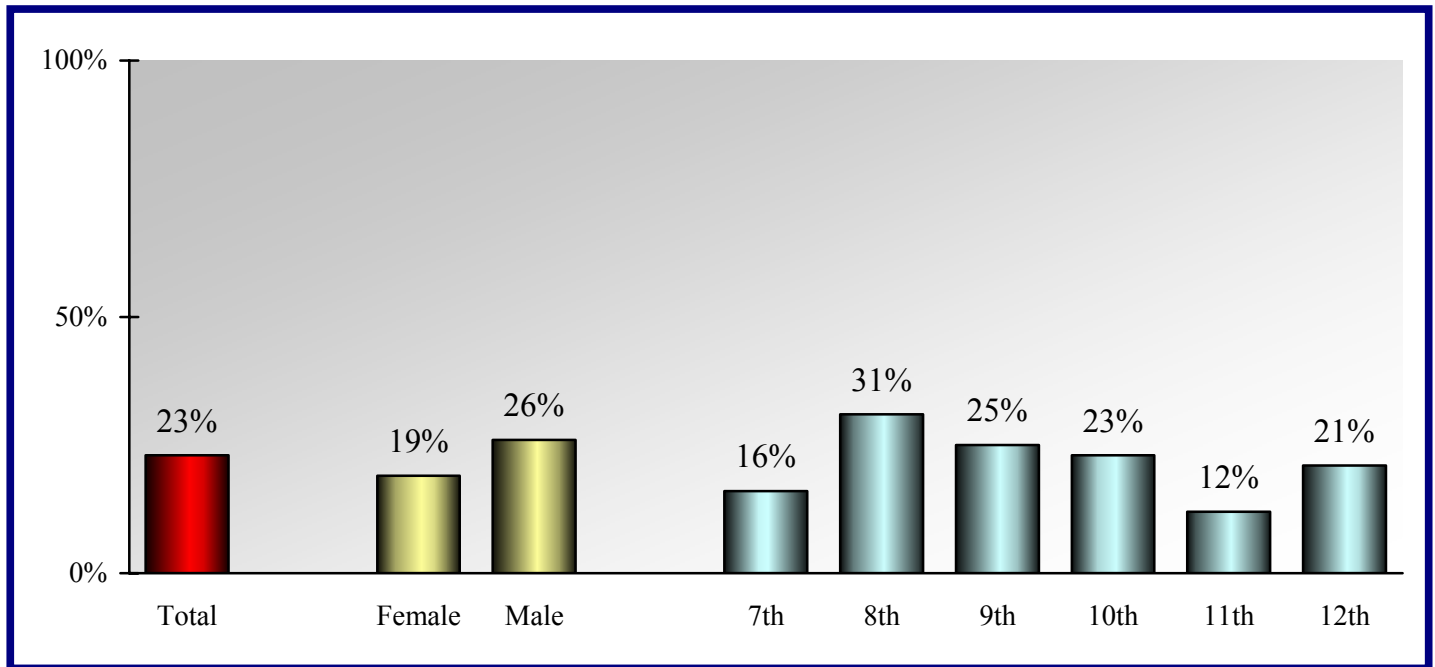
Percentage of students who were ever taught about AIDS or HIV infection in school.



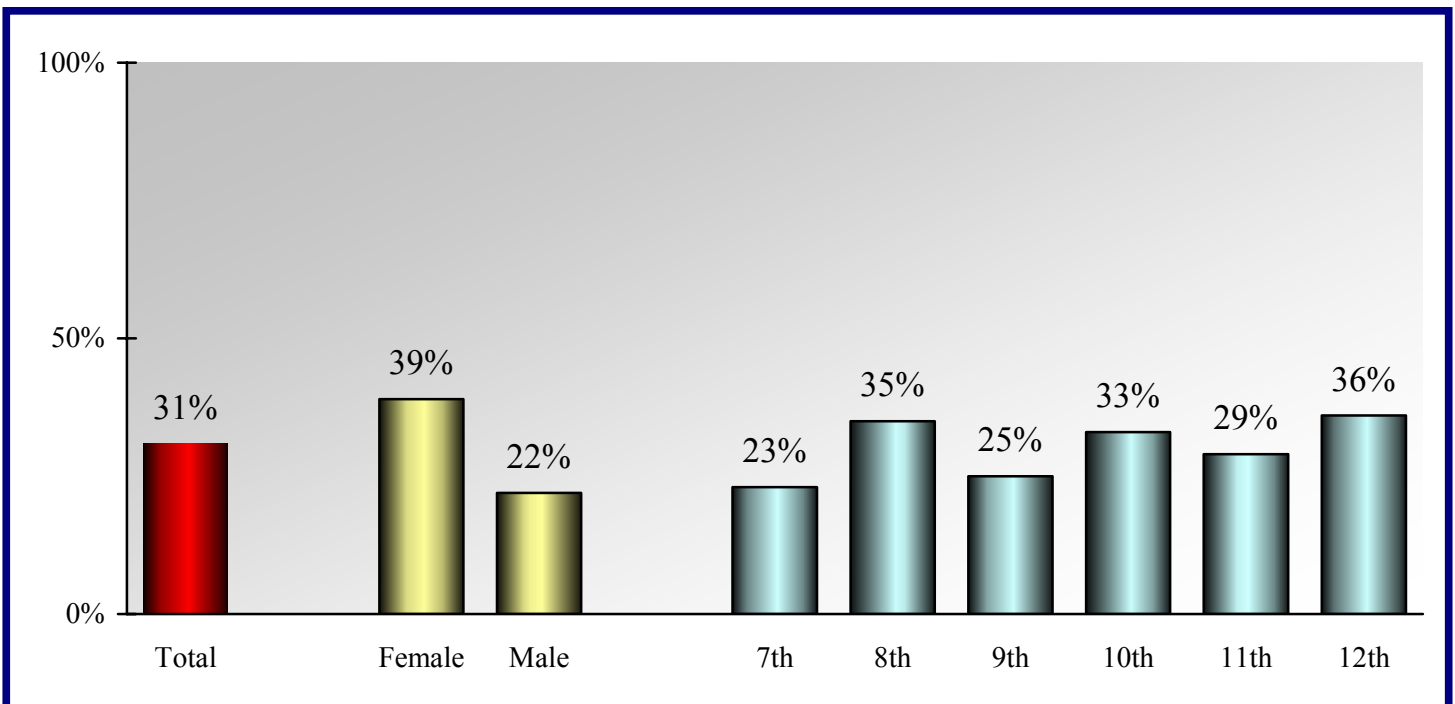
Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

Percentage of students who are overweight, as calculated by Body Mass Index.



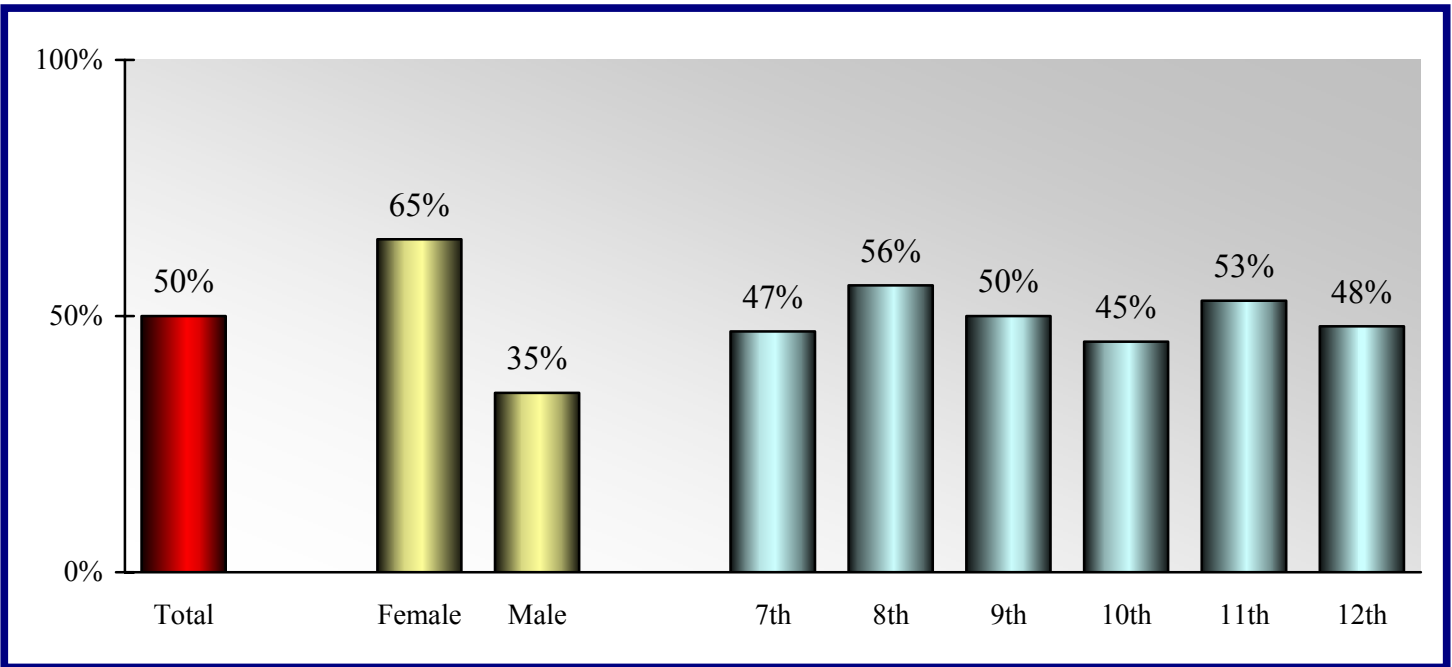
Percentage of students who describe themselves as slightly or very overweight.



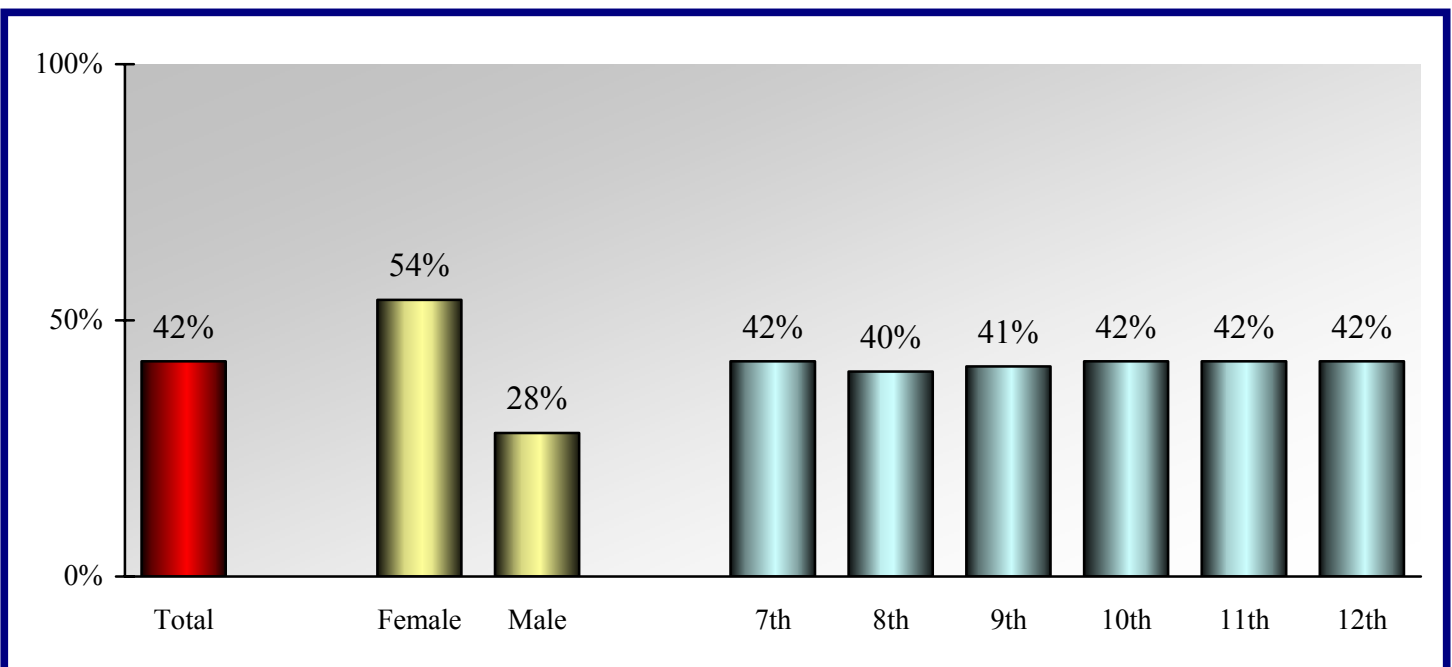
Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

Percentage of students who were trying to lose weight.



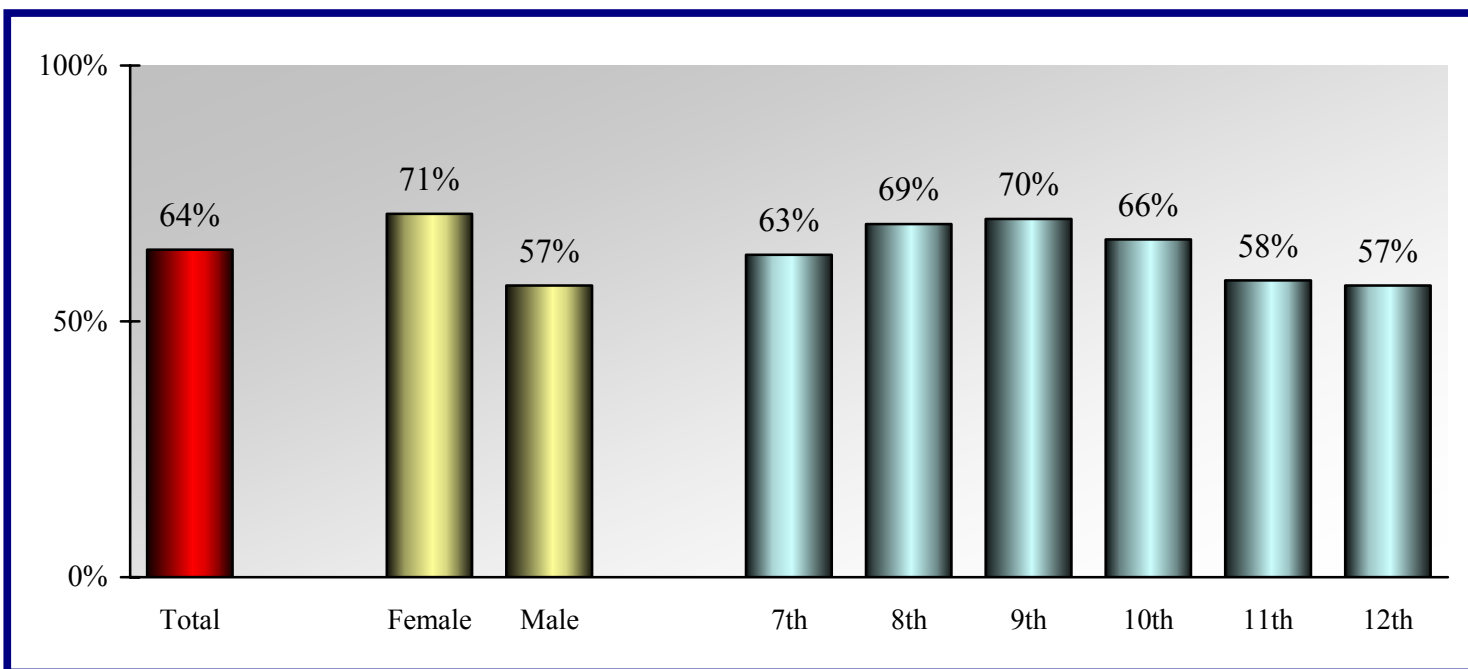
Percentage of students who ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days.



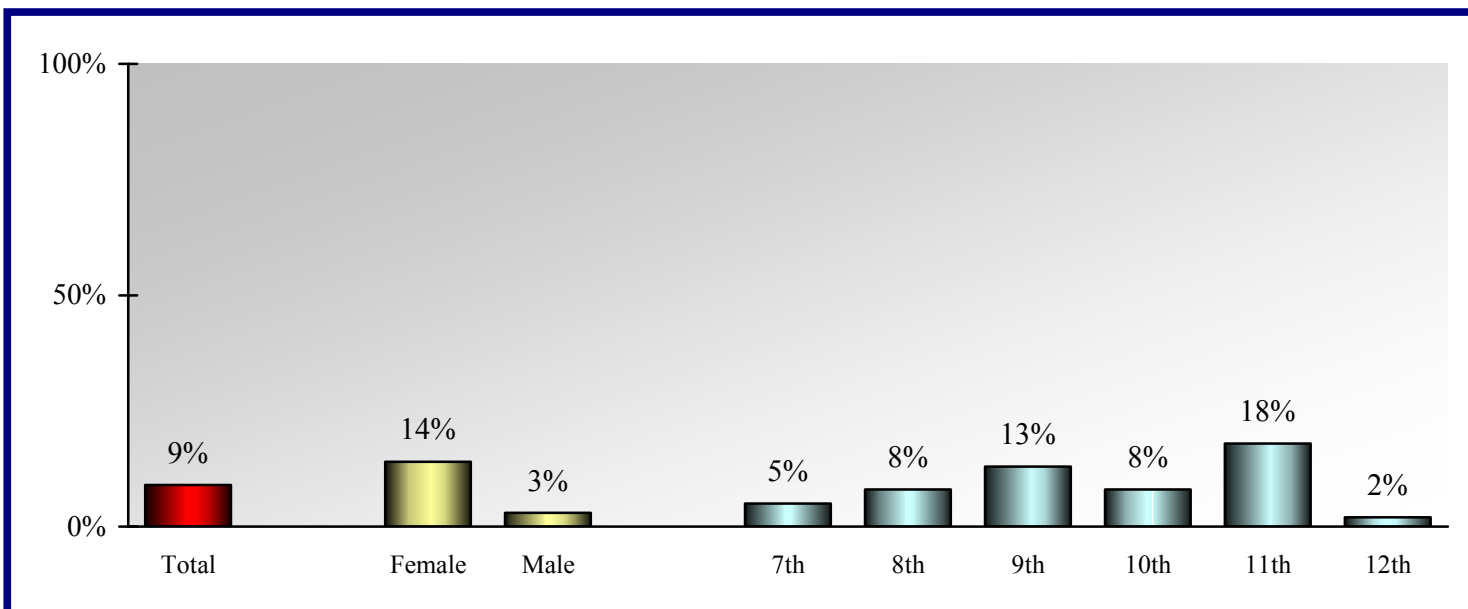
■ Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

Percentage of students who exercised to lose weight or to keep from gaining weight during the past 30 days.



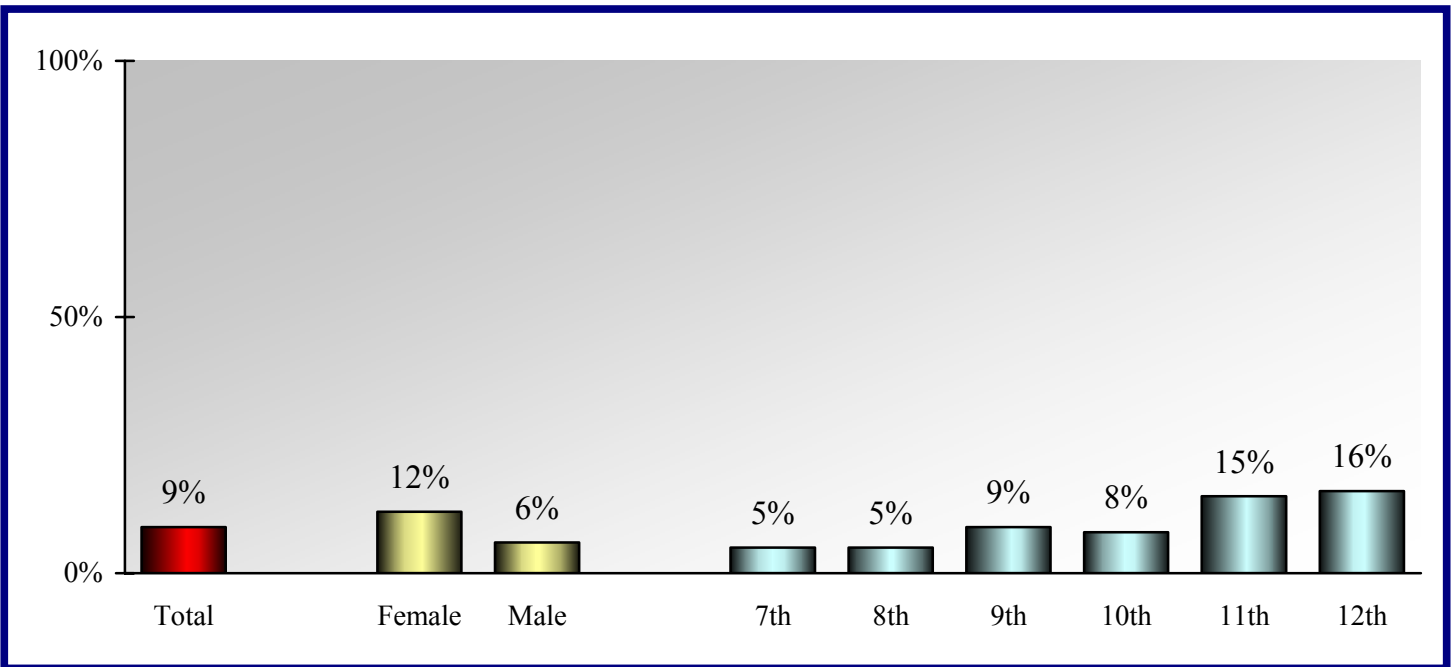
Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.



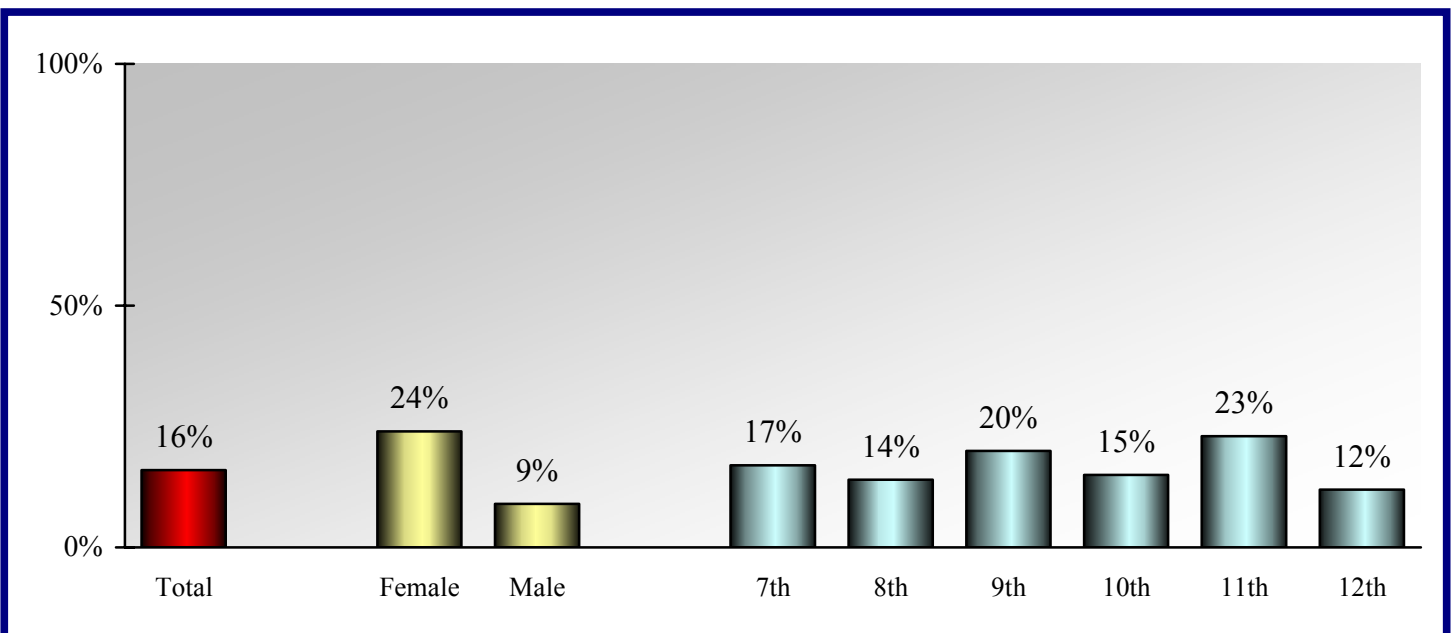
Obesity

These questions measure self-perception of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

Percentage of students who took diet pills to lose weight or to keep from gaining weight during the past 30 days.



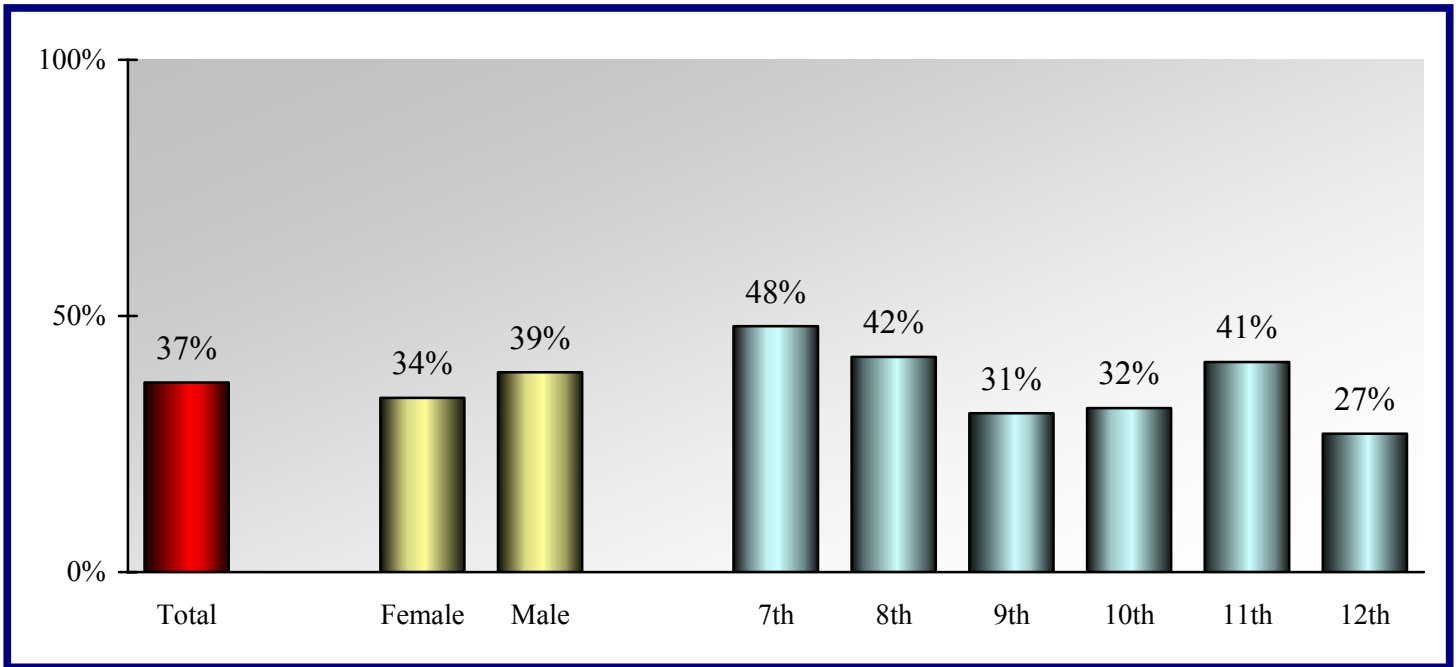
Percentage of students who fasted, or went without eating, for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.



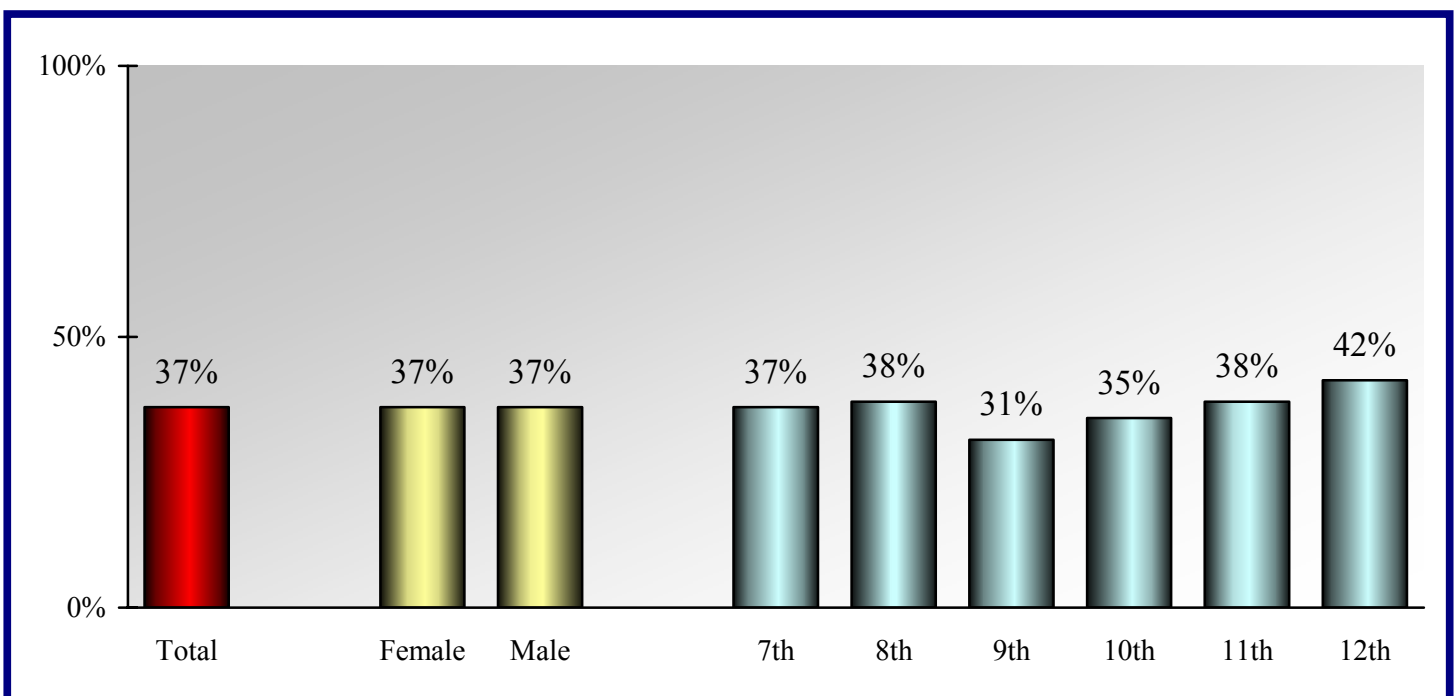
Nutrition

These questions measure food choices.

Percentage of students who ate fruit four or more times during the past 7 days.



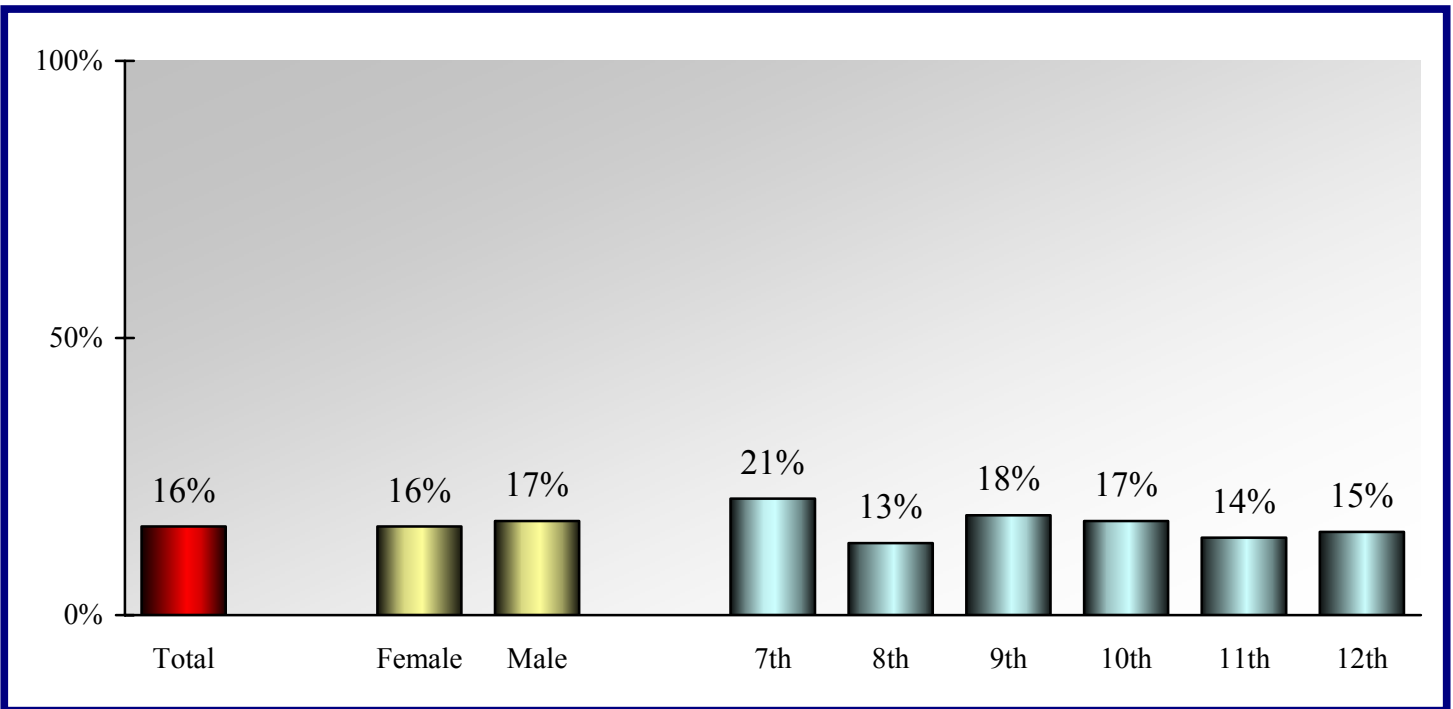
Percentage of students who drank fruit juices four or more times during the past 7 days.



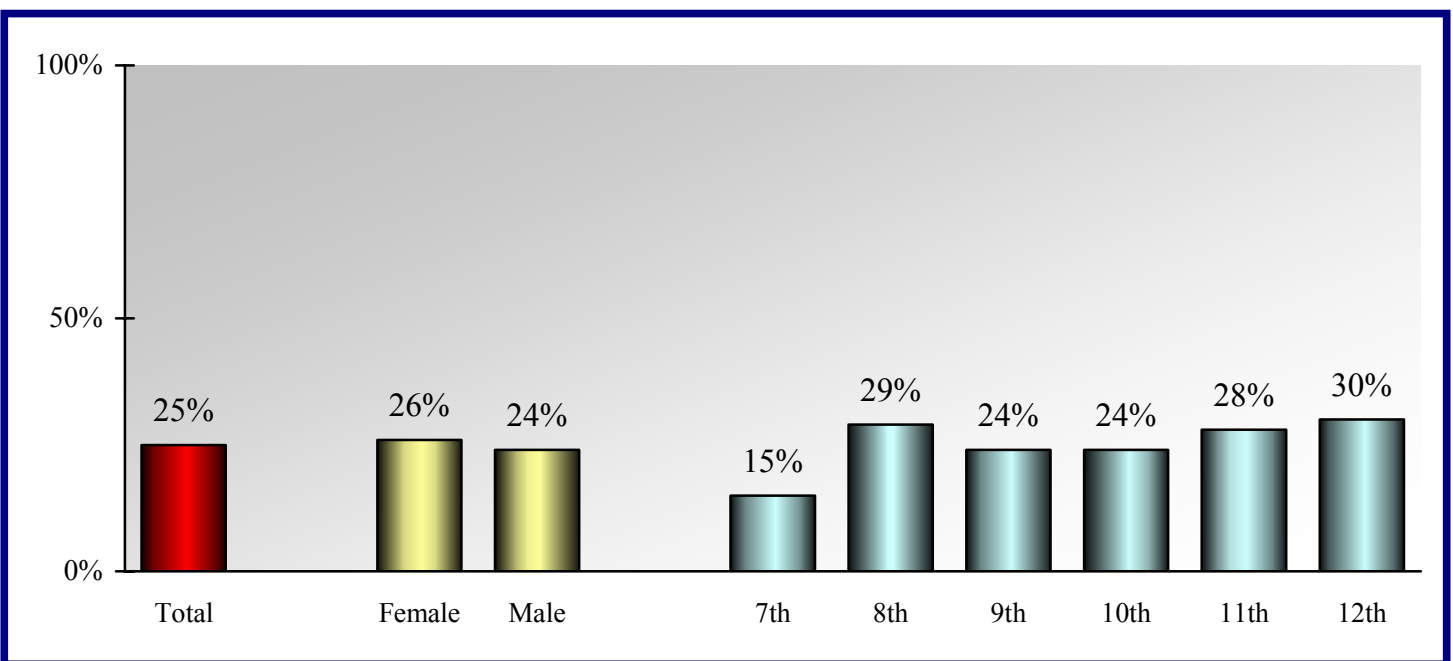
Nutrition

These questions measure food choices.

Percentage of students who ate green salad four or more times during the past 30 days.



Percentage of students who ate potatoes four or more times during the past 30 days.

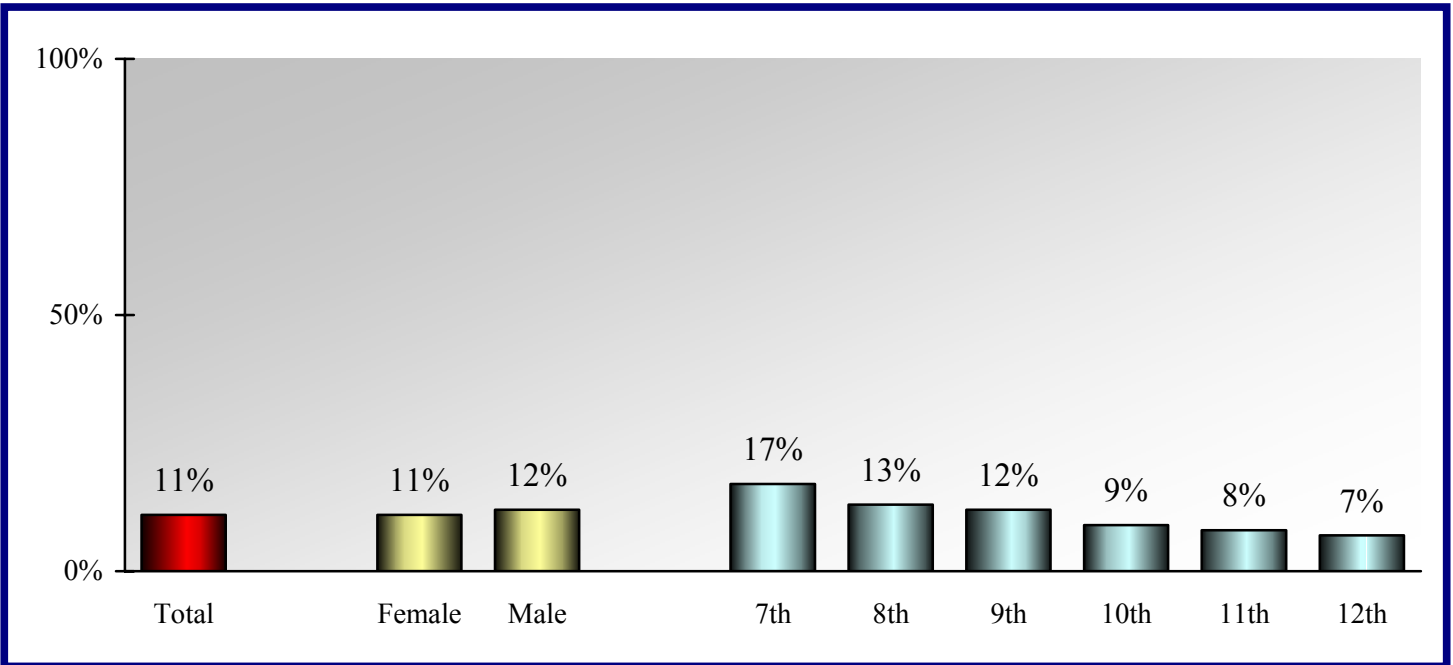




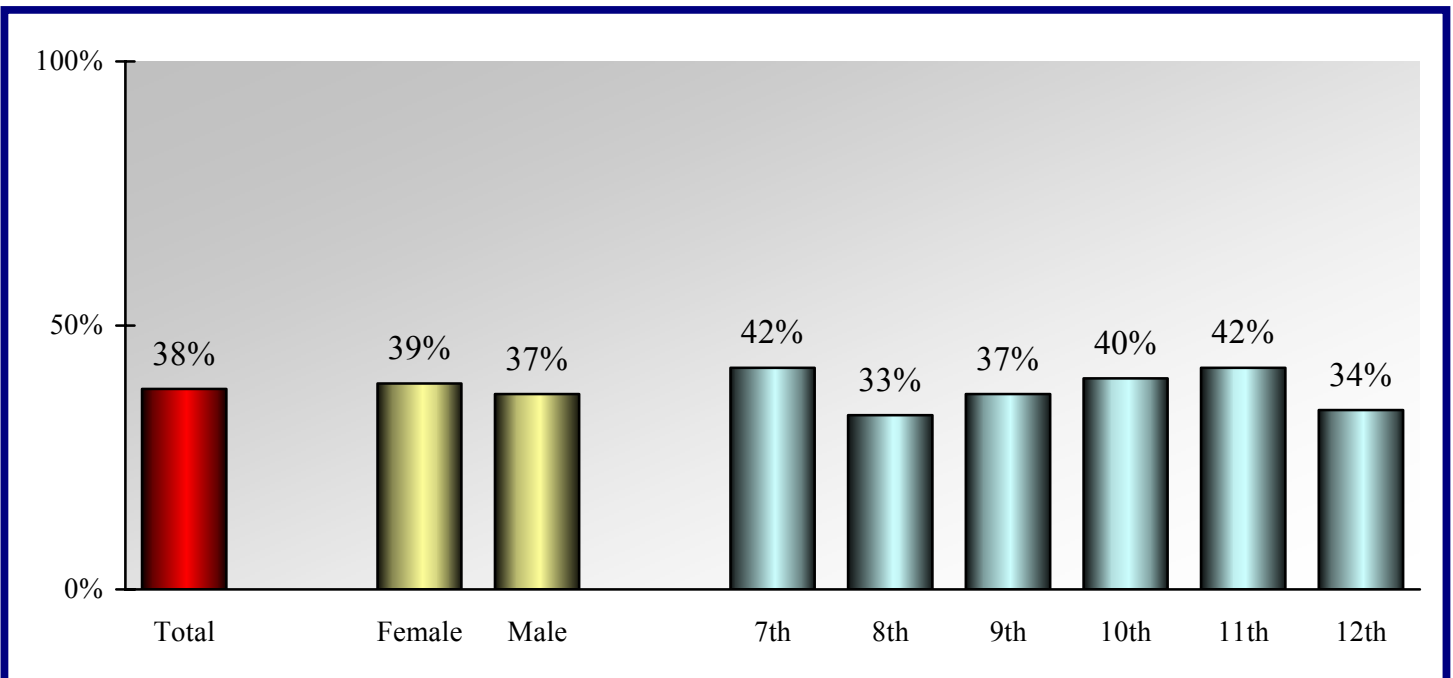
Nutrition

These questions measure food choices.

Percentage of students who ate carrots four or more times during the past 7 days.



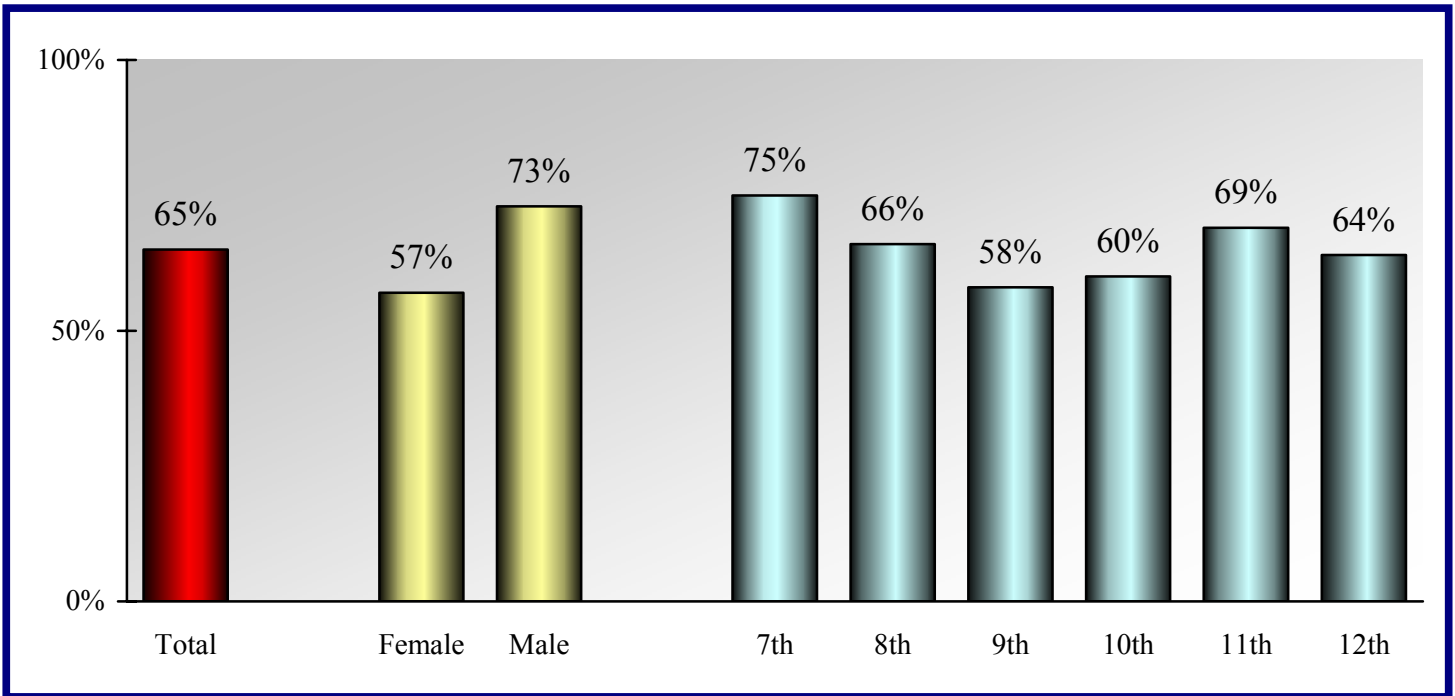
Percentage of students who ate other vegetables four or more times during the past 7 days.



Nutrition

These questions measure food choices.

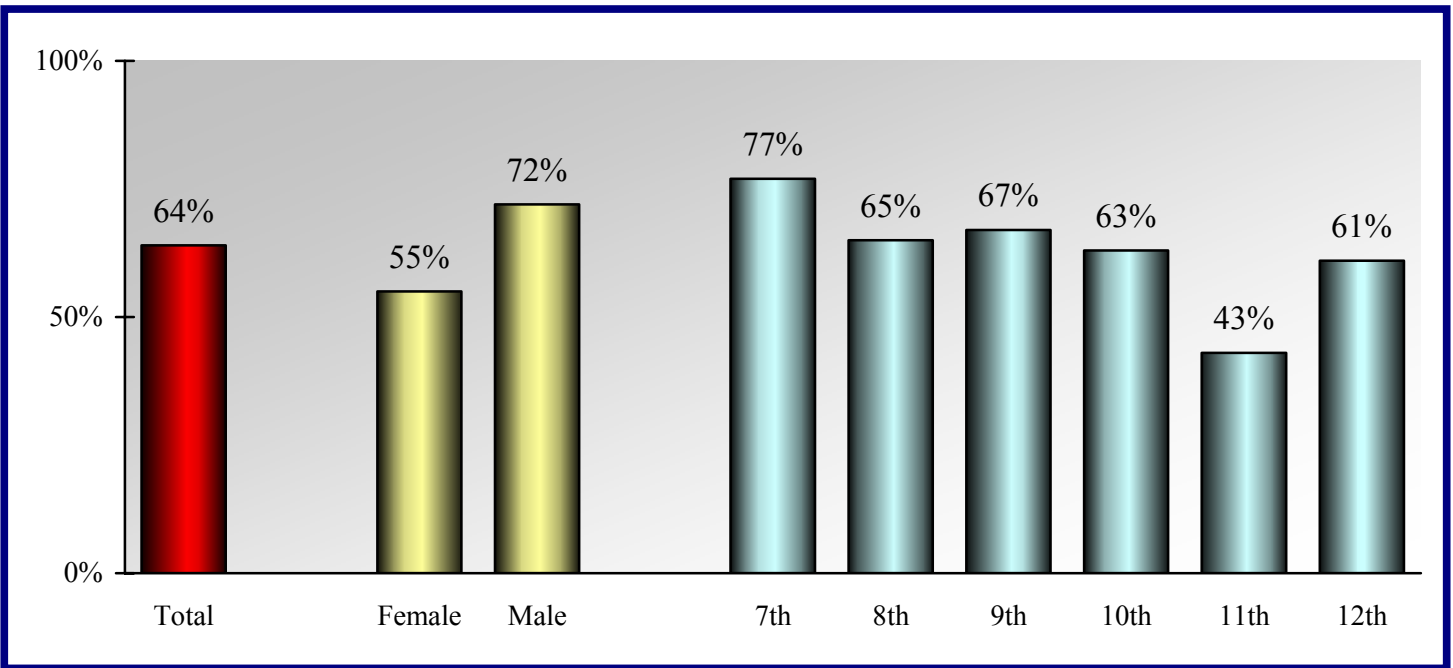
Percentage of students who drank milk four or more times during the past 7 days.



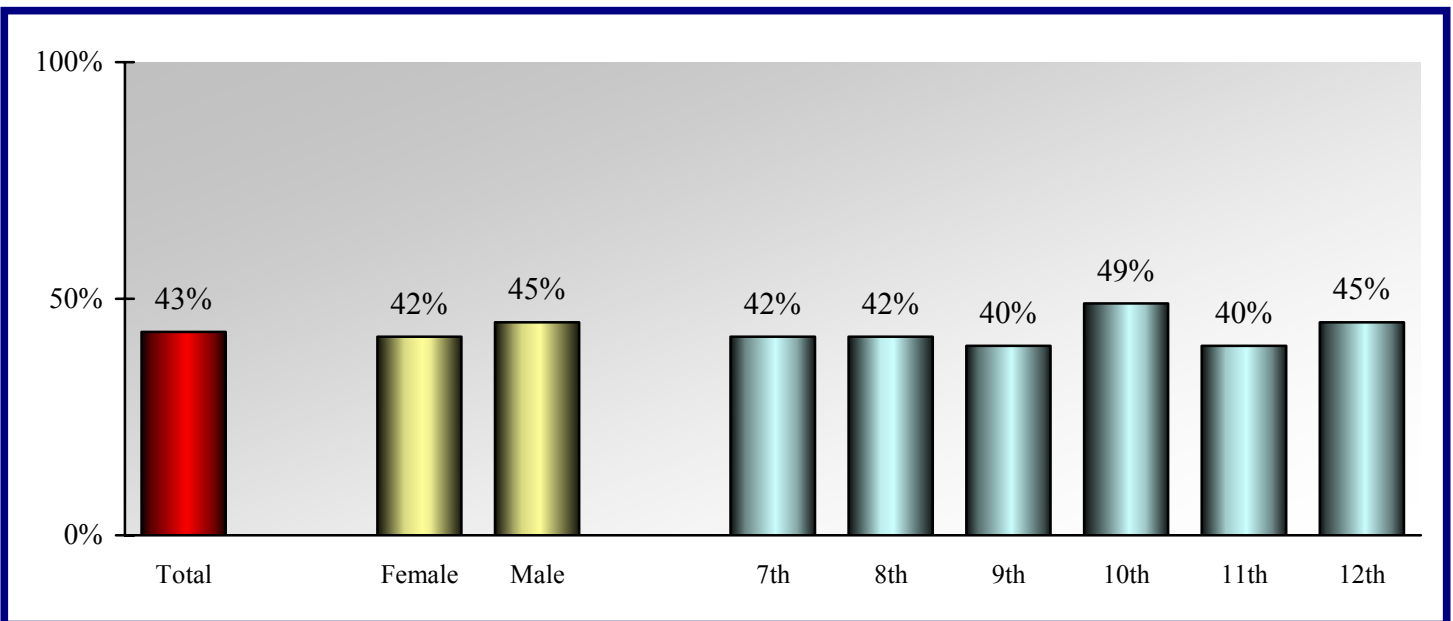
Physical Activity

These questions measure students' physical activity, including team sports, physical education class, and sports injuries.

Percentage of students who participated in a physical activity for at least 30 minutes that made them sweat and breathe hard on 3 or more of the past 7 days.



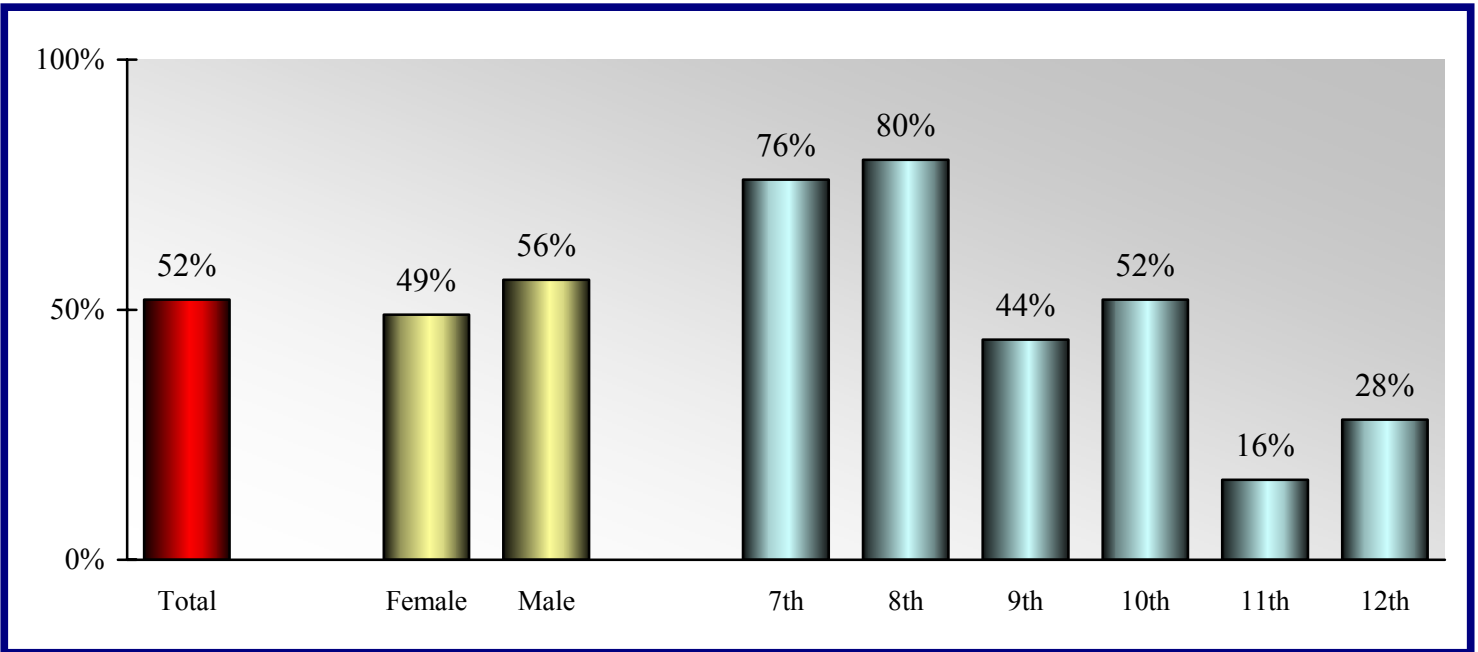
Percentage of students who participated in a physical activity for at least 30 minutes that did not make them sweat or breathe hard 3 or more of the past 7 days.



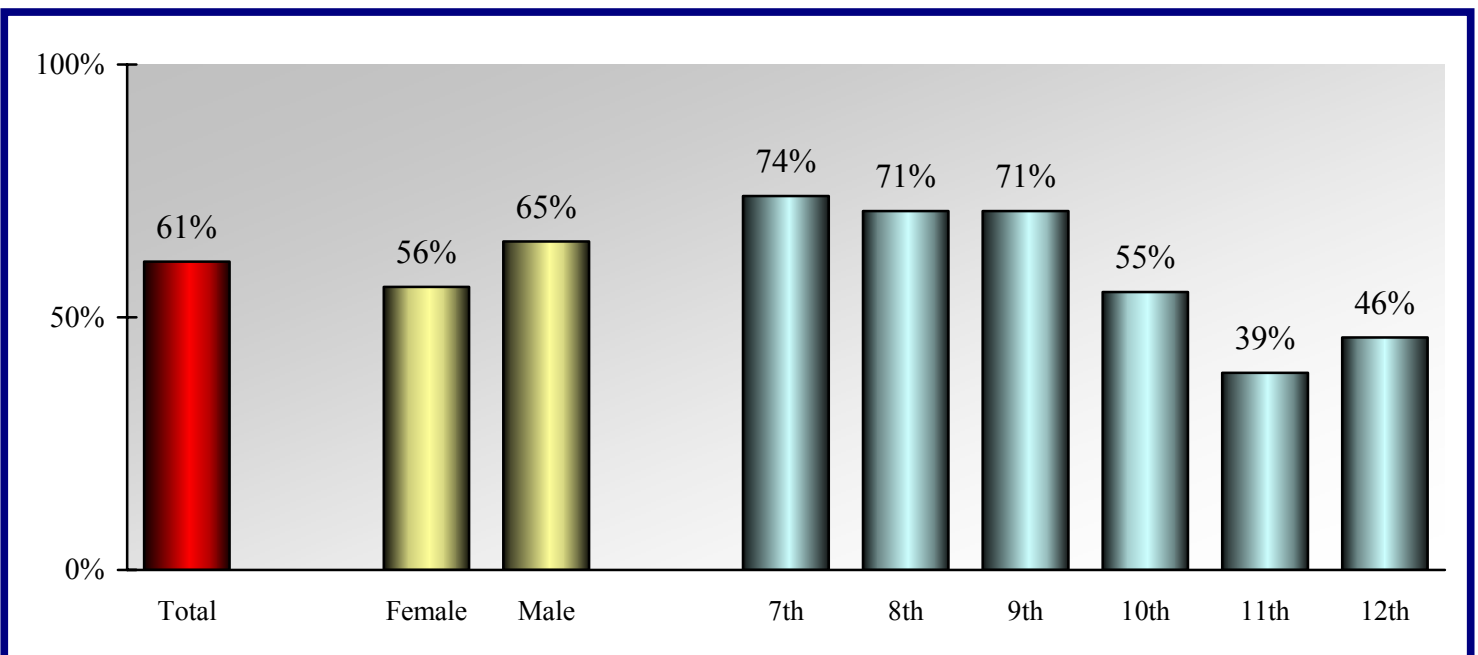
Physical Activity

These questions measure students' physical activity, including team sports, physical education class, and sports injuries.

Percentage of students who attended physical education (PE) class one or more days during an average school week.



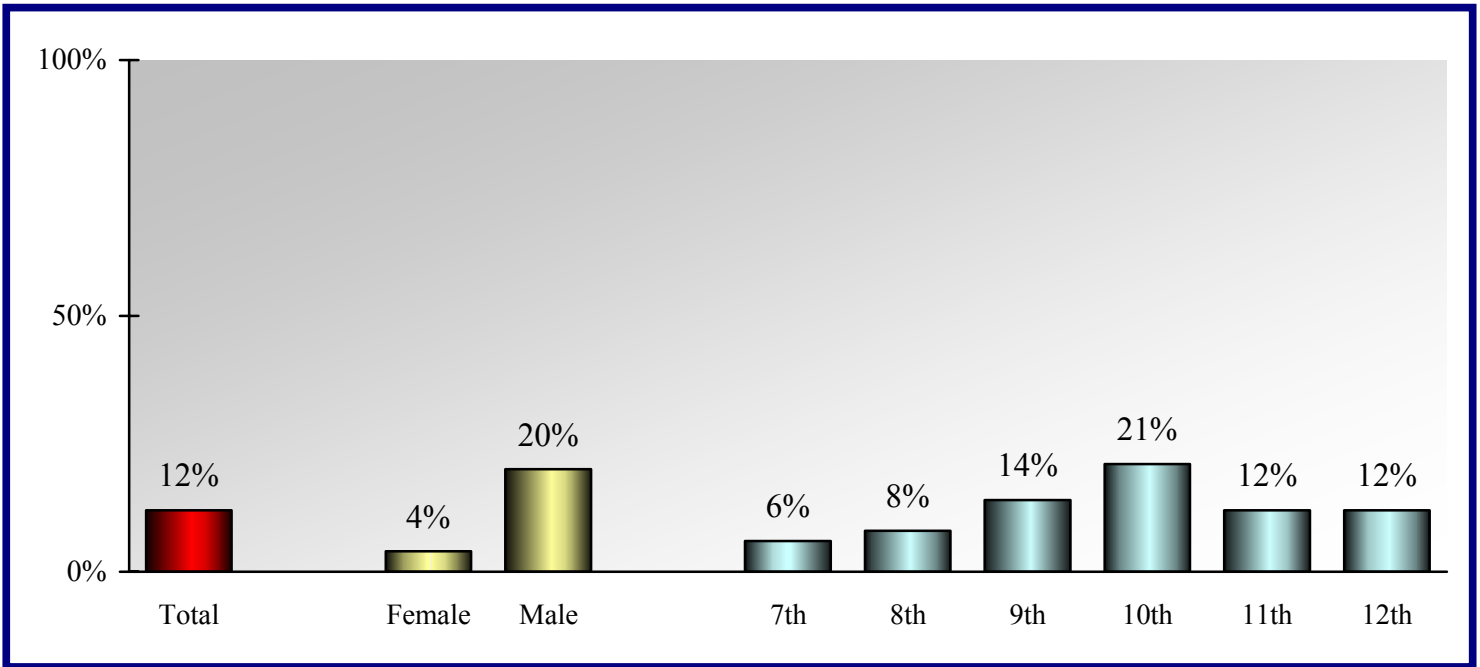
Percentage of students who played on one or more sports teams during the past 12 months.



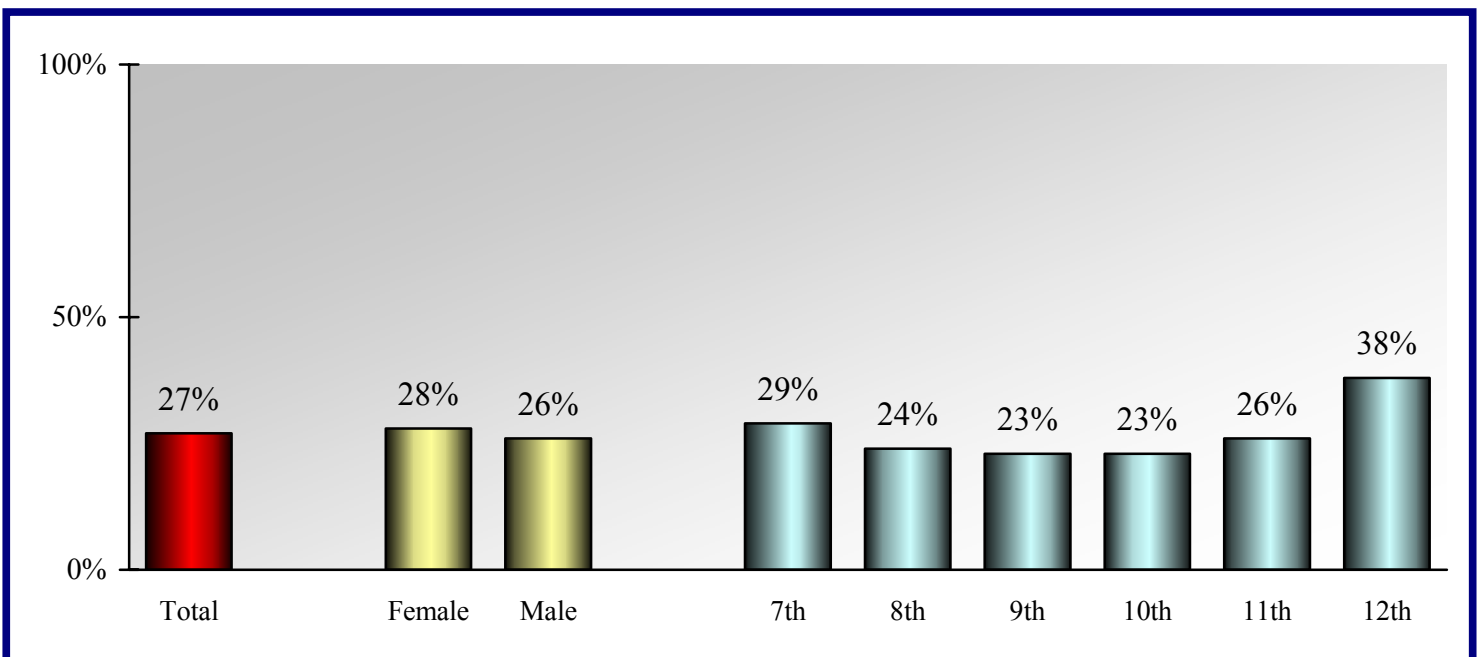
Violence-Related Behaviors at School

These questions measure violence related behaviors at school.

Percentage of students who carried a weapon such as a gun, knife or club on school property on one or more of the past 30 days.



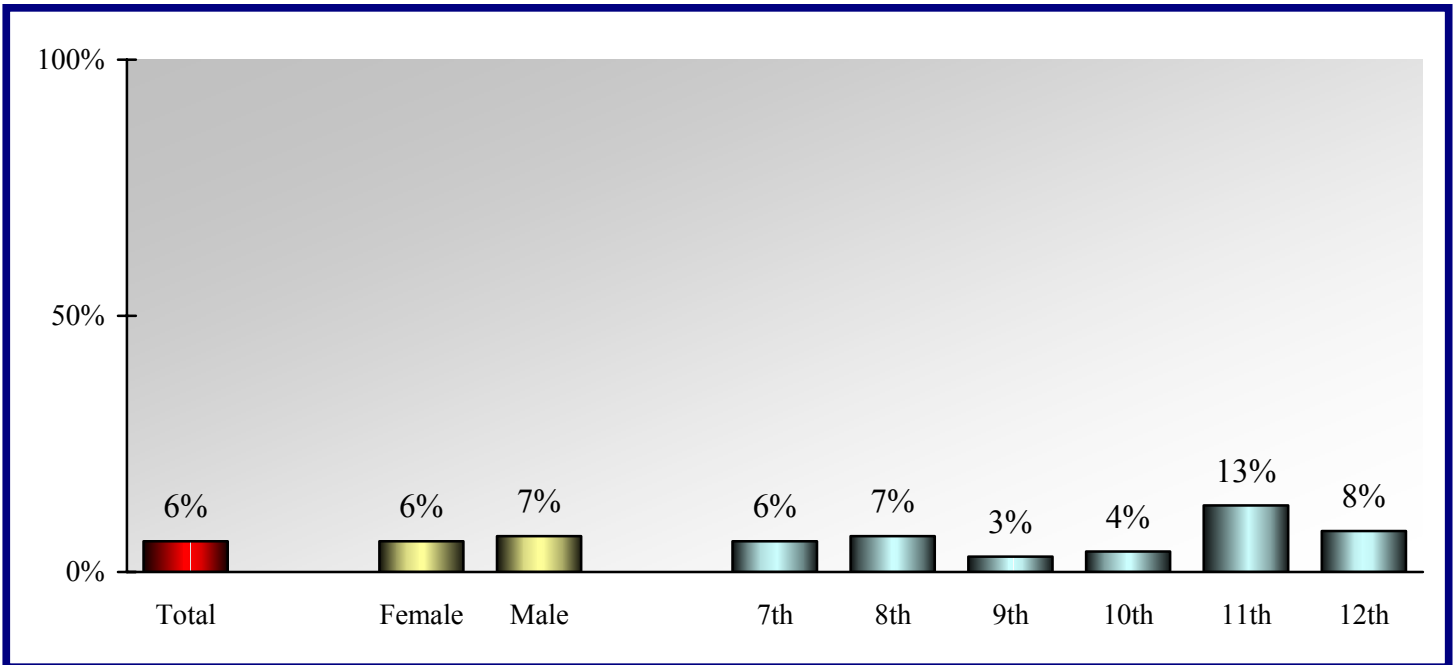
Percentage of students who have had their property stolen or deliberately damaged during the past 12 months?



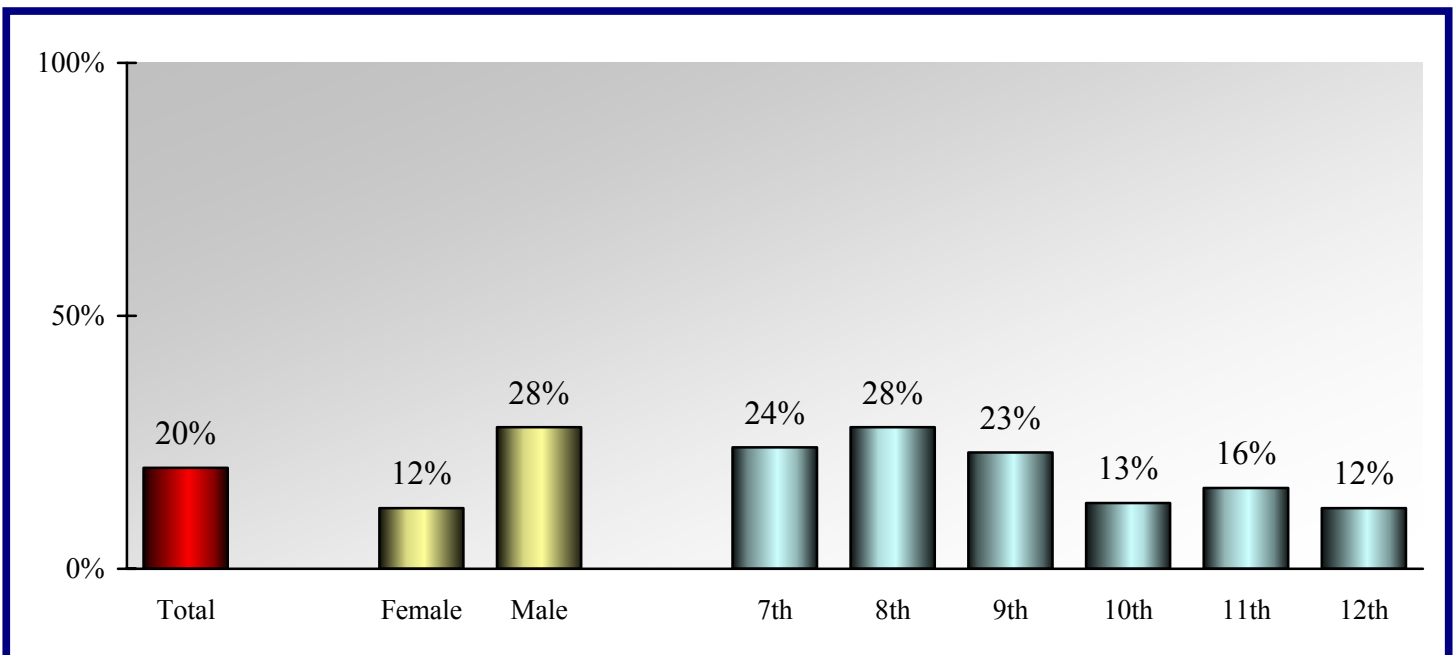
Violence-Related Behaviors at School

These questions measure violence related behaviors at school.

Percentage of students who had been threatened or injured with a weapon on school property one or more times during the past 12 months.



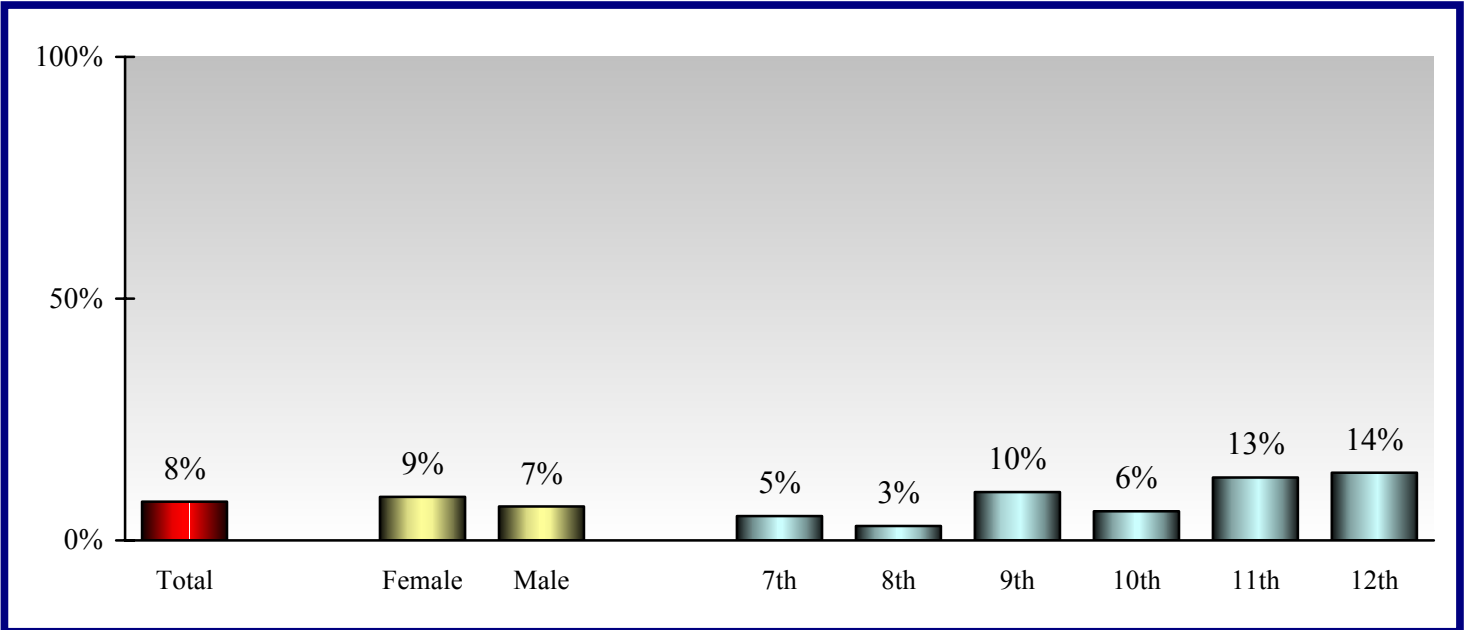
Percentage of students who were in a physical fight on school property one or more times during the past 12 months.



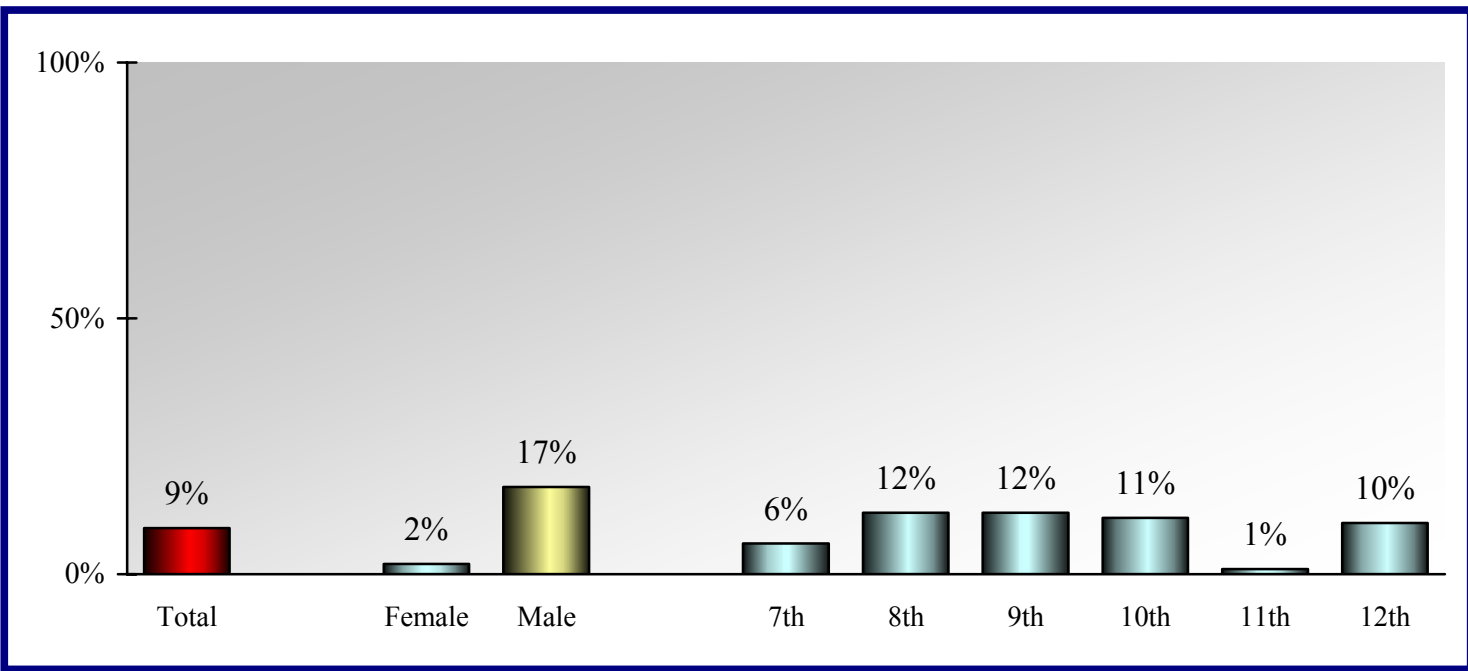
Tobacco Use at School

These questions measure tobacco use on school property.

Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



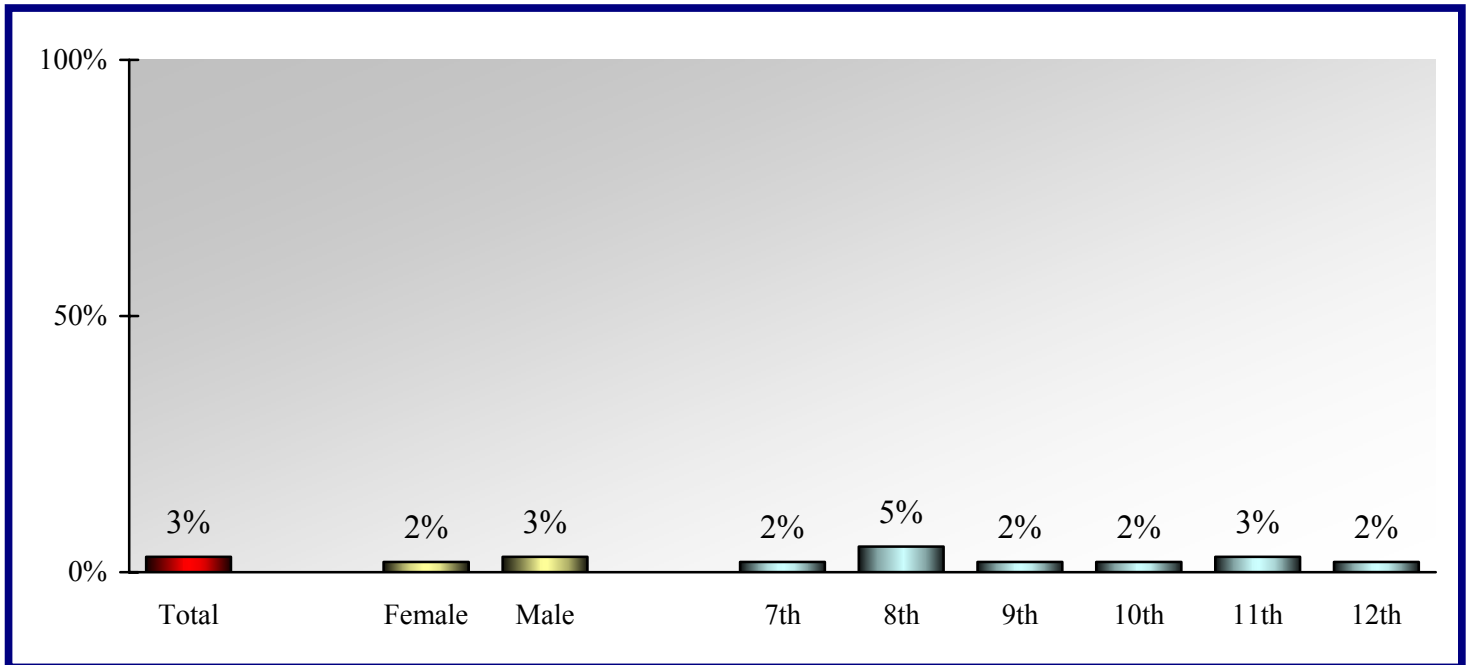
Percentage of students who used chewing tobacco or snuff on school property on one or more of the past 30 days.



■ Alcohol Use at School

This question measures alcohol use on school property.

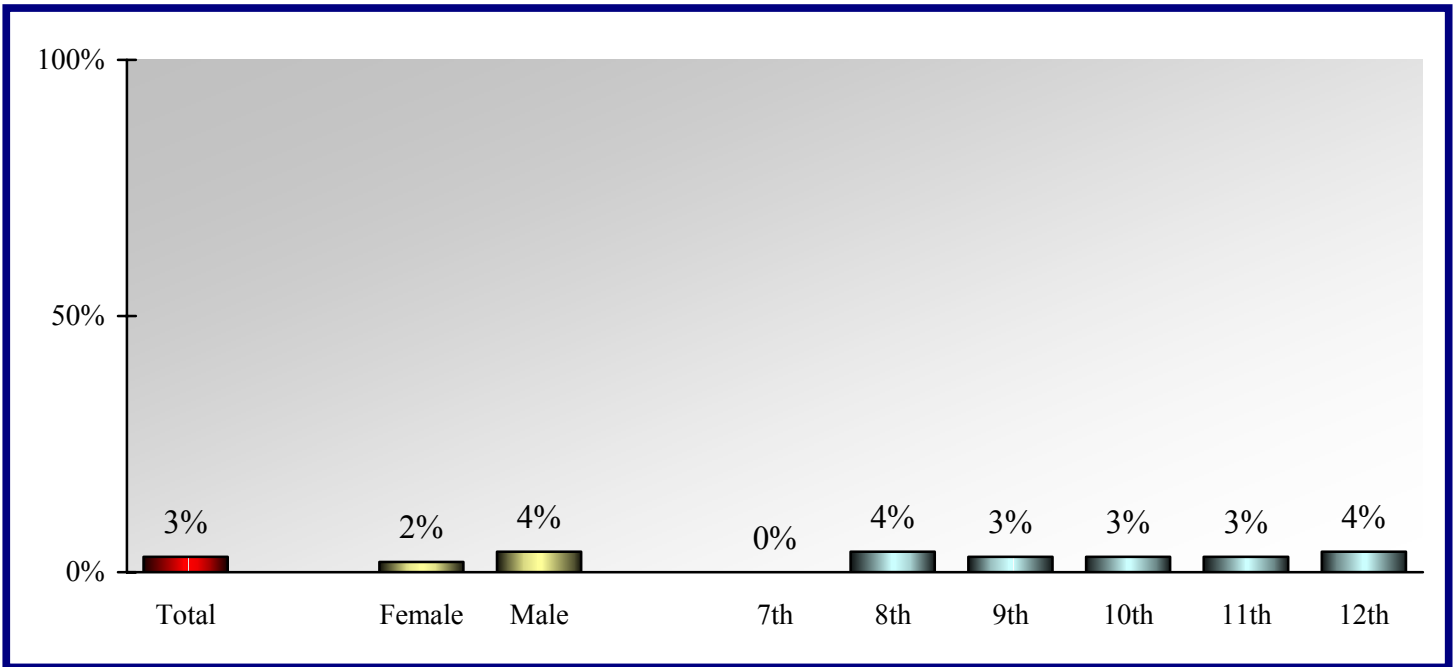
Percentage of students who had at least one drink of alcohol on school property on one or more of the past 30 days.



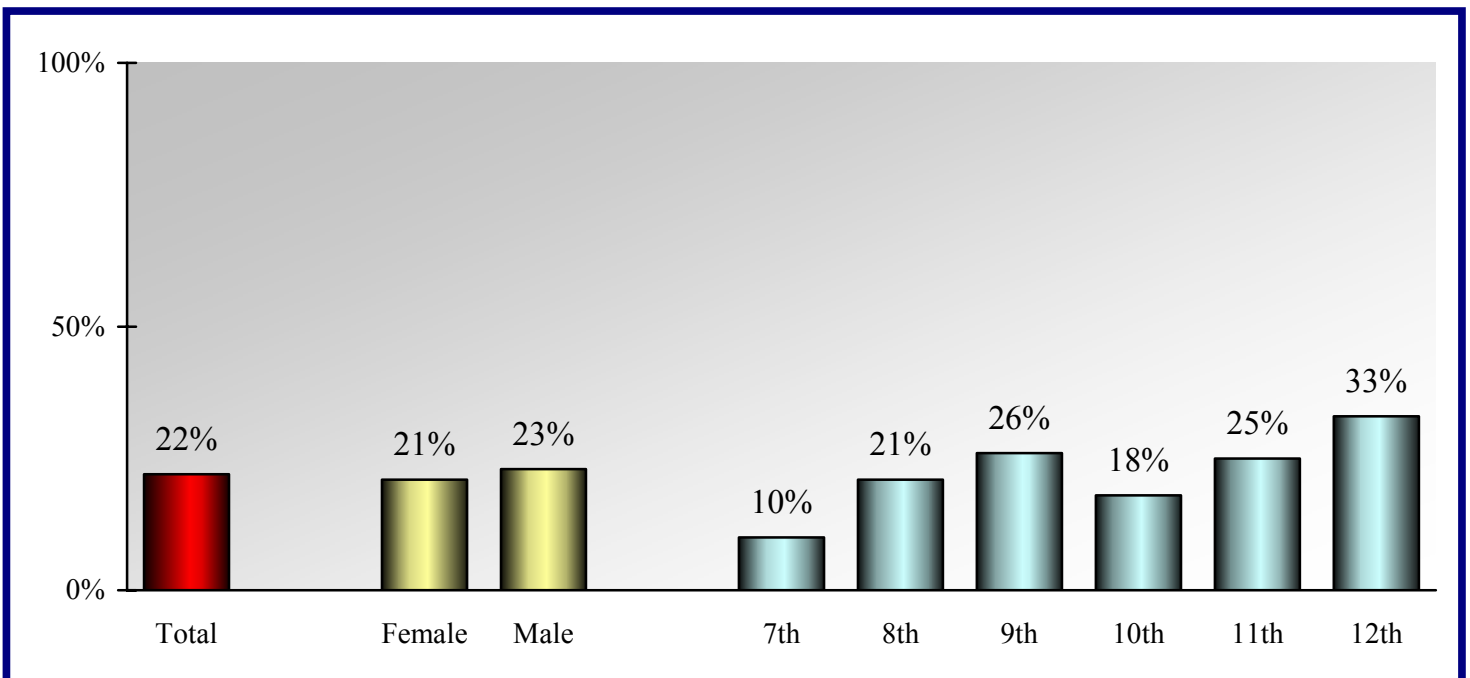
Drug Use at School

These questions measure drug use and availability on school property

Percentage of students who used marijuana on school property on one or more of the past 30 days.



Percentage of students who had someone offer, sell, or give them an illegal drug on school property during the past 12 months.



Scott County 2005 County Youth Health Survey Questionnaire

1. How old are you?		
	Number of Students	Percent of Total
12 OR YOUNGER	58	9
13	107	17
14	122	19
15	122	19
16	105	17
17	90	14
18 OR OLDER	25	4

Frequency Missing = 2

2. What is your sex?		
	Number of Students	Percent of Total
FEMALE	313	50
MALE	312	50

Frequency Missing = 6

3. In what grade are you?		
	Number of Students	Percent of Total
7TH	108	17
8TH	123	20
9TH	108	17
10TH	118	19
11TH	80	13
12TH	84	14

Frequency Missing = 10

5. How do you describe your health in general?		
	Number of Students	Percent of Total
EXCELLENT	112	18
VERY GOOD	213	34
GOOD	228	37
FAIR	58	9
POOR	8	1

Frequency Missing = 12

8. When you rode a bicycle during the past 12 months, how often did you wear a helmet?

	Number of Students	Percent of Total
DID NOT RIDE	181	29
NEVER WORE	411	65
RARELY WORE	16	3
SOMETIMES WORE	10	2
WORE MOST OF THE TIME	8	1
ALWAYS WORE	2	0

Frequency Missing = 3

9. How often do you wear a seat belt when riding in a car driven by someone else?

	Number of Students	Percent of Total
NEVER	52	8
RARELY	92	15
SOMETIMES	148	24
MOST OF THE TIME	192	31
ALWAYS	141	23

Frequency Missing = 6

10. During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?

	Number of Students	Percent of Total
0 TIMES	461	73
1 TIME	47	7
2-3 TIMES	66	11
4-5 TIMES	15	2
6+ TIMES	39	6

Frequency Missing = 3

11. During the past 30 days, how many times did you drive a car or other vehicle when you had been drinking alcohol?

	Number of Students	Percent of Total
0 TIMES	553	90
1 TIME	28	5
2-3 TIMES	19	3
4-5 TIMES	8	1
6+ TIMES	7	1

Frequency Missing = 16

12. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club?

	Number of Students	Percent of Total
0 TIMES	328	57
1 TIME	33	6
2-3 TIMES	61	11
4-5 TIMES	26	5
6+ TIMES	127	22

Frequency Missing = 56

**13. During the past 30 days,
on how many days did you carry
a gun?**

	Number of Students	Percent of Total
0 TIMES	414	70
1 TIME	30	5
2-3 TIMES	60	10
4-5 TIMES	23	4
6+ TIMES	63	11

Frequency Missing = 41

14. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?

	Number of Students	Percent of Total
0 TIMES	545	88
1 TIME	20	3
2-3 TIMES	10	2
4-5 TIMES	2	0
6+ TIMES	42	7

Frequency Missing = 12

15. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?

	Number of Students	Percent of Total
0 TIMES	588	94
1 TIME	14	2
2-3 TIMES	15	2
4-5 TIMES	4	1
6+ TIMES	7	1

Frequency Missing = 3

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?

	Number of Students	Percent of Total
0 TIMES	581	94
1 TIME	16	3
2-3 TIMES	10	2
4-5 TIMES	6	1
6-7 TIMES	1	0
8-9 TIMES	2	0
10-11 TIMES	2	0
12+ TIMES	3	0

Frequency Missing = 10

17. During the past 12 months, how many times has someone stolen or deliberately damaged your property?

	Number of Students	Percent of Total
0 TIMES	462	73
1 TIME	79	13
2-3 TIMES	55	9
4-5 TIMES	12	2
6-7 TIMES	4	1
8-9 TIMES	6	1
10-11 TIMES	1	0
12+ TIMES	11	2

Frequency Missing = 1

18. During the past 12 months, how many times were you in a physical fight?		
	Number of Students	Percent of Total
0 TIMES	393	65
1 TIME	88	14
2-3 TIMES	66	11
4-5 TIMES	19	3
6-7 TIMES	12	2
8-9 TIMES	9	1
10-11 TIMES	1	0
12+ TIMES	19	3

Frequency Missing = 24

19. During the past 12 months, how many times were you in a physical fight in which you were injured and had to be treated by a doctor or nurse?		
	Number of Students	Percent of Total
0 TIMES	583	96
1 TIME	19	3
2-3 TIMES	3	0
4-5 TIMES	3	0

Frequency Missing = 23

20. During the past 12 months, how many times were you in a physical fight on school property?

	Number of Students	Percent of Total
0 TIMES	506	80
1 TIME	75	12
2-3 TIMES	33	5
4-5 TIMES	6	1
6-7 TIMES	3	0
8-9 TIMES	1	0
10-11 TIMES	1	0
12+ TIMES	4	1

Frequency Missing = 2

21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

	Number of Students	Percent of Total
YES	67	11
NO	558	89

Frequency Missing = 6

22. Have you ever been forced to have sexual intercourse when you did not want to?

	Number of Students	Percent of Total
YES	74	12
NO	554	88

Frequency Missing = 3

23. During the past 12 months, did you ever feel sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

	Number of Students	Percent of Total
YES	192	31
NO	434	69

Frequency Missing = 5

24. During the past 12 months, did you ever seriously consider attempting suicide?

	Number of Students	Percent of Total
YES	97	16
NO	501	84

Frequency Missing = 33

25. During the past 12 months, did you make a plan about how you would attempt suicide?

	Number of Students	Percent of Total
YES	96	15
NO	526	85

Frequency Missing = 9

26. During the past 12 months, how many times did you actually attempt suicide?		
	Number of Students	Percent of Total
0 TIMES	475	91
1 TIME	22	4
2-3 TIMES	17	3
4-5 TIMES	4	1
6+ TIMES	6	1

Frequency Missing = 107

27. If you attempted suicide during the past 12 months,did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?		
	Number of Students	Percent of Total
N/A	473	89
YES	15	3
NO	43	8

Frequency Missing = 100

28. Have you ever tried cigarette smoking, even one or two puffs?		
	Number of Students	Percent of Total
YES	367	60
NO	241	40

Frequency Missing = 23

29. How old were you when you smoked a whole cigarette for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	330	55
8 OR YOUNGER	40	7
AGE 9-10	47	8
AGE 11-12	79	13
AGE 13-14	80	13
AGE 15-16	23	4
17 OR OLDER	3	0

Frequency Missing = 29

30. During the past 30 days, on how many days did you smoke cigarettes?		
	Number of Students	Percent of Total
0 DAYS	439	75
1-2 DAYS	33	6
3-5 DAYS	19	3
6-9 DAYS	11	2
10-19 DAYS	17	3
20-29 DAYS	20	3
ALL 30 DAYS	46	8

Frequency Missing = 46

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?		
	Number of Students	Percent of Total
NONE IPM	440	75
LT 1 PER DAY	20	3
1/DAY	34	6
2-5/DAY	55	9
6-10/DAY	23	4
11-20/DAY	10	2
21+ /DAY	7	1

Frequency Missing = 42

32. During the past 30 days, how did you usually get your own cigarettes?		
	Number of Students	Percent of Total
NONE IN THE PAST MONTH	441	74
STORE BOUGHT	31	5
MACHINE BOUGHT	1	0
SOMEONE ELSE BOUGHT	43	7
BORROWED THEM	38	6
PERSON 18 OR OLDER GAVE THEM	12	2
TOOK FROM A STORE OR FAMILY MEMBER	10	2
SOME OTHER WAY	17	3

Frequency Missing = 38

33. During the past 30 days, on how many days did you smoke cigarettes on school property?		
	Number of Students	Percent of Total
0 DAYS	564	92
1-2 DAYS	25	4
3-5 DAYS	4	1
6-9 DAYS	3	0
10-19 DAYS	4	1
20-29 DAYS	7	1
ALL 30 DAYS	7	1

Frequency Missing = 17

34. Have you ever smoked cigarettes regularly, that is, at least one cigarette every day for 30 days?

	Number of Students	Percent of Total
YES	99	16
NO	516	84

Frequency Missing = 16

35. Have you ever tried to quit smoking cigarettes?

	Number of Students	Percent of Total
N/A	400	68
YES	114	19
NO	72	12

Frequency Missing = 45

36. During the past 30 days, on how many days did you use chewing tobacco or snuff, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

	Number of Students	Percent of Total
0 DAYS	510	82
1-2 DAYS	34	5
3-5 DAYS	15	2
6-9 DAYS	4	1
10-19 DAYS	10	2
20-29 DAYS	11	2
ALL 30 DAYS	36	6

Frequency Missing = 11

37. During the past 30 days, on how many days did you use chewing tobacco or snuff on school property?

	Number of Students	Percent of Total
0 DAYS	562	91
1-2 DAYS	12	2
3-5 DAYS	5	1
6-9 DAYS	9	1
10-19 DAYS	7	1
20-29 DAYS	5	1
ALL 30 DAYS	18	3

Frequency Missing = 13

38. During the past 30 days, on how many days did you smoke cigars,cigarillos, or little cigars?

	Number of Students	Percent of Total
0 DAYS	567	90
1-2 DAYS	36	6
3-5 DAYS	7	1
6-9 DAYS	8	1
10-19 DAYS	3	0
20-29 DAYS	2	0
ALL 30 DAYS	4	1

Frequency Missing = 4

39. During your life, on how many days have you had at least one drink of alcohol?

	Number of Students	Percent of Total
0 DAYS	169	31
1-2 DAYS	79	15
3-9 DAYS	64	12
10-19 DAYS	66	12
20-39 DAYS	41	8
40-99 DAYS	55	10
100+ DAYS	67	12

Frequency Missing = 90

40. How old were you when you had your first drink of alcohol other than a few sips?

	Number of Students	Percent of Total
NEVER TRIED	166	31
8 OR YOUNGER	83	15
AGE 9-10	53	10
AGE 11-12	94	17
AGE 13-14	100	18
AGE 15-16	40	7
17 OR OLDER	5	1

Frequency Missing = 90

41. During the past 30 days, on how many days did you have at least one drink of alcohol?

	Number of Students	Percent of Total
0 DAYS	368	63
1-2 DAYS	97	17
3-5 DAYS	45	8
6-9 DAYS	33	6
10-19 DAYS	25	4
20-29 DAYS	11	2
ALL 30 DAYS	5	1

Frequency Missing = 47

42. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

	Number of Students	Percent of Total
0 DAYS	465	76
1 DAY	52	9
2 DAYS	25	4
3-5 DAYS	30	5
6-9 DAYS	23	4
10-19 DAYS	9	1
20+ DAYS	4	1

Frequency Missing = 23

43. During the past 30 days, on how many days did you have at least one drink of alcohol on school property?

	Number of Students	Percent of Total
0 DAYS	601	97
1-2 DAYS	11	2
3-5 DAYS	2	0
10-19 DAYS	1	0
ALL 30 DAYS	2	0

Frequency Missing = 14

44. During your life, how many times have you used marijuana?

	Number of Students	Percent of Total
0 TIMES	442	73
1-2 TIMES	49	8
3-9 TIMES	24	4
10-19 TIMES	15	2
20-39 TIMES	16	3
40-99 TIMES	17	3
100+ TIMES	43	7

Frequency Missing = 25

45. How old were you when you tried marijuana for the first time?		
	Number of Students	Percent of Total
NEVER TRIED	445	72
8 OR YOUNGER	16	3
AGE 9-10	22	4
AGE 11-12	35	6
AGE 13-14	64	10
AGE 15-16	26	4
17 OR OLDER	6	1

Frequency Missing = 17

46. During the past 30 days, how many times did you use marijuana?		
	Number of Students	Percent of Total
0 TIMES	529	87
1-2 TIMES	25	4
3-9 TIMES	19	3
10-19 TIMES	6	1
20-39 TIMES	16	3
40+ TIMES	14	2

Frequency Missing = 22

47. During the past 30 days, how many times did you use marijuana on school property?

	Number of Students	Percent of Total
0 TIMES	605	97
1-2 TIMES	8	1
3-9 TIMES	4	1
10-19 TIMES	3	0
40+ TIMES	1	0

Frequency Missing = 10

48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?

	Number of Students	Percent of Total
0 TIMES	577	93
1-2 TIMES	20	3
3-9 TIMES	9	1
10-19 TIMES	7	1
40+ TIMES	6	1

Frequency Missing = 12

49. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?

	Number of Students	Percent of Total
0 TIMES	607	98
1-2 TIMES	13	2
3-9 TIMES	2	0

Frequency Missing = 9

2005 Scott County Youth Health Survey

50. During your life, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?

	Number of Students	Percent of Total
0 TIMES	513	82
1-2 TIMES	50	8
3-9 TIMES	23	4
10-19 TIMES	11	2
20-39 TIMES	10	2
40+ TIMES	15	2

Frequency Missing = 9

51. During your life, how many times have your used heroin (also called smack,junk, or China White)?

	Number of Students	Percent of Total
0 TIMES	607	97
1-2 TIMES	7	1
3-9 TIMES	6	1
10-19 TIMES	1	0
20-39 TIMES	4	1

Frequency Missing = 6

52. During your life, how many times have you used methamphetamines (also called speed, crystal, crank or ice)?

	Number of Students	Percent of Total
0 TIMES	574	92
1-2 TIMES	24	4
3-9 TIMES	8	1
10-19 TIMES	3	0
20-39 TIMES	3	0
40+ TIMES	10	2

Frequency Missing = 9

53. During your life, how many times have you used ecstasy?

	Number of Students	Percent of Total
0 TIMES	599	96
1-2 TIMES	14	2
3-9 TIMES	6	1
10-19 TIMES	3	0
20-39 TIMES	2	0
40+ TIMES	1	0

Frequency Missing = 6

54. During your life, how many times have you taken steroid pills or shots without a doctor's prescription?

	Number of Students	Percent of Total
0 TIMES	590	94
1-2 TIMES	24	4
3-9 TIMES	6	1
10-19 TIMES	2	0
20-39 TIMES	3	0
40+ TIMES	2	0

Frequency Missing = 4

55. During your life, how many times have you used a needle to inject any illegal drug into your body?

	Number of Students	Percent of Total
0 TIMES	615	98
1 TIME	6	1
2+ TIMES	7	1

Frequency Missing = 3

56. During the past 12 months, has anyone offered, sold or given you an illegal drug on school property?

	Number of Students	Percent of Total
YES	134	22
NO	485	78

Frequency Missing = 12

57. Have you ever had sexual intercourse?		
	Number of Students	Percent of Total
YES	244	43
NO	320	57

Frequency Missing = 67

58. How old were you when you had sexual intercourse for the first time?		
	Number of Students	Percent of Total
NEVER	320	56
AGE 11 OR YOUNGER	29	5
AGE 12	24	4
AGE 13	51	9
AGE 14	55	10
AGE 15	50	9
AGE 16	30	5
AGE 17+	11	2

Frequency Missing = 61

59. During your life, with how many people have you had sexual intercourse?		
	Number of Students	Percent of Total
NONE	322	57
1 PERSON	98	17
2 PEOPLE	40	7
3 PEOPLE	35	6
4 PEOPLE	22	4
5 PEOPLE	18	3
6 OR MORE PEOPLE	34	6

Frequency Missing = 62

60. During the past 3 months, with how many people did you have sexual intercourse?		
	Number of Students	Percent of Total
NONE AT ALL	322	56
NONE IN PAST 3 MONTHS	85	15
1 PERSON	122	21
2 PEOPLE	21	4
3 PEOPLE	7	1
4 PEOPLE	3	1
6 OR MORE PEOPLE	11	2

Frequency Missing = 60

61. Did you drink alcohol or use drugs before you had sexual intercourse the last time?		
	Number of Students	Percent of Total
N/A	322	57
YES	52	9
NO	191	34

Frequency Missing = 66

62. The last time you had sexual intercourse, did you or your partner use condom?		
	Number of Students	Percent of Total
N/A	322	57
YES	141	25
NO	103	18

Frequency Missing = 65

63. The last time you had sexual intercourse, what one method did you or your partner use to prevent pregnancy?

	Number of Students	Percent of Total
NEVER HAD SEX	322	57
NO BIRTH CONTROL USED	37	7
BIRTH CONTROL PILLS	33	6
CONDOMS	117	21
DEPO-PROVERA	3	1
WITHDRAWAL	35	6
OTHER	8	1
NOT SURE	11	2

Frequency Missing = 65

64. How do you describe your weight?

	Number of Students	Percent of Total
VERY UNDERWEIGHT	15	2
SLIGHTLY UNDERWEIGHT	64	10
ABOUT THE RIGHT WEIGHT	353	57
SLIGHTLY OVERWEIGHT	164	26
VERY OVERWEIGHT	27	4

Frequency Missing = 8

65. Which of the following are you trying to do about your weight?		
	Number of Students	Percent of Total
LOSE WEIGHT	311	50
GAIN WEIGHT	91	15
STAY THE SAME WEIGHT	117	19
NOT TRYING TO DO ANYTHING	104	17

Frequency Missing = 8

66. During the past 30 days, did you exercise to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	398	64
NO	220	36

Frequency Missing = 13

67. During the past 30 days, did you eat less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight?		
	Number of Students	Percent of Total
YES	259	42
NO	363	58

Frequency Missing = 9

2005 Scott County Youth Health Survey

68. During the past 30 days, did you go without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	102	16
NO	522	84

Frequency Missing = 7

69. During the past 30 days, did you take any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	58	9
NO	567	91

Frequency Missing = 6

70. During the past 30 days, did you vomit or take laxatives to lose weight or to keep from gaining weight?

	Number of Students	Percent of Total
YES	54	9
NO	571	91

Frequency Missing = 6

71. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice?

	Number of Students	Percent of Total
NONE	192	31
1-3 TIMES	200	32
4-6 TIMES	92	15
ONCE PER DAY	30	5
TWICE PER DAY	49	8
3 TIMES PER DAY	22	4
4+ TIMES PER DAY	38	6

Frequency Missing = 8

72. During the past 7 days, how many times did you eat fruit?

	Number of Students	Percent of Total
NONE	141	23
1-3 TIMES	253	41
4-6 TIMES	97	16
ONCE PER DAY	42	7
TWICE PER DAY	39	6
3 TIMES PER DAY	19	3
4+ TIMES PER DAY	33	5

Frequency Missing = 7

73. During the past 7 days, how many times did you eat green salad?		
	Number of Students	Percent of Total
NONE	310	50
1-3 TIMES	208	34
4-6 TIMES	46	7
ONCE PER DAY	33	5
TWICE PER DAY	10	2
4+ TIMES PER DAY	13	2

Frequency Missing = 11

74. During the past 7 days, how many times did you eat potatoes?		
	Number of Students	Percent of Total
NONE	204	33
1-3 TIMES	260	42
4-6 TIMES	89	14
ONCE PER DAY	36	6
TWICE PER DAY	13	2
3 TIMES PER DAY	3	0
4+ TIMES PER DAY	15	2

Frequency Missing = 11

75. During the past 7 days, how many times did you eat carrots?		
	Number of Students	Percent of Total
NONE	374	60
1-3 TIMES	176	28
4-6 TIMES	36	6
ONCE PER DAY	15	2
TWICE PER DAY	6	1
3 TIMES PER DAY	1	0
4+ TIMES PER DAY	12	2

Frequency Missing = 11

76. During the past 7 days, how many times did you eat other vegetables?		
	Number of Students	Percent of Total
NONE	141	23
1-3 TIMES	246	39
4-6 TIMES	125	20
ONCE PER DAY	42	7
TWICE PER DAY	32	5
3 TIMES PER DAY	15	2
4+ TIMES PER DAY	22	4

Frequency Missing = 8

77. During the past 7 days, how many glasses of milk did you drink?		
	Number of Students	Percent of Total
NONE	86	14
1-3 TIMES	132	21
4-6 TIMES	117	19
ONCE PER DAY	75	12
TWICE PER DAY	94	15
3 TIMES PER DAY	65	10
4+ TIMES PER DAY	53	9

Frequency Missing = 9

78. On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer running, swimming laps, fast bicycling, fast dancing.		
	Number of Students	Percent of Total
0 DAYS	107	17
1 DAY	54	9
2 DAYS	63	10
3 DAYS	42	7
4 DAYS	37	6
5 DAYS	95	15
6 DAYS	26	4
7 DAYS	193	31

Frequency Missing = 14

79. On how many of the past 7 days did you participate in physical activity for at least 30 minutes that did not make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower/mopping floor.

	Number of Students	Percent of Total
0 DAYS	204	33
1 DAY	67	11
2 DAYS	78	13
3 DAYS	60	10
4 DAYS	41	7
5 DAYS	45	7
6 DAYS	7	1
7 DAYS	112	18

Frequency Missing = 17

80. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	Number of Students	Percent of Total
0 DAYS	141	23
1 DAY	65	10
2 DAYS	65	10
3 DAYS	46	7
4 DAYS	35	6
5 DAYS	105	17
6 DAYS	21	3
7 DAYS	143	23

Frequency Missing = 10

81. On an average school day, how many hours do you watch TV?		
	Number of Students	Percent of Total
NO TV	61	10
LT ONE HOUR	90	15
1 HOUR	82	13
2 HOURS	137	22
3 HOURS	103	17
4 HOURS	65	11
5+ HOURS	77	13

Frequency Missing = 16

82. In an average week when you are in school, on how many days do you go to physical education classes?		
	Number of Students	Percent of Total
0 DAYS	264	48
1 DAY	12	2
2 DAYS	11	2
3 DAYS	3	1
4 DAYS	5	1
5 DAYS	258	47

Frequency Missing = 78

83. In an average week when you are in school, on how many minutes do you spend actually exercising or playing sports?

	Number of Students	Percent of Total
NO PE CLASS	270	47
LT 10 MINUTES	15	3
10-20 MINUTES	14	2
21-30 MINUTES	18	3
31-40 MINUTES	24	4
41-50 MINUTES	49	9
51-60 MINUTES	58	10
OVER 60 MINUTES	124	22

Frequency Missing = 59

84. During the past 12 months, on how many sports teams did you play?

	Number of Students	Percent of Total
0 TEAMS	243	39
1 TEAM	146	24
2 TEAMS	111	18
3+ TEAMS	117	19

Frequency Missing = 14

85. Have you ever been taught about AIDS or HIV infection in school?		
	Number of Students	Percent of Total
YES	329	55
NO	148	25
NOT SURE	120	20

Frequency Missing = 34

86. Has a doctor or nurse ever told you that you have asthma?		
	Number of Students	Percent of Total
A	115	19
B	473	77
C	28	5

Frequency Missing = 15

87. During the past 12 months, have you had an episode of asthma or an asthma attack?		
	Number of Students	Percent of Total
A	475	78
B	60	10
C	39	6
D	32	5

Frequency Missing = 25

Internet Resources for Educators, Parents, and Teens

For more information about the County Youth Health Survey (CYHS) and the risk behaviors it covers, please see the following Internet resources.

- ***The Youth Risk Behavior Study***

This page is the United States Centers for Disease Control and Prevention's (CDC's) overview of the methods, results, and uses of CYHS data.

<http://www.cdc.gov/healthyyouth/yrbs/index.htm>

- ***Violence***

These sites include information about warning signs and prevention of violence among adolescents.

The American Psychological Association's site about youth violence warning signs, and information about how to get help for violent youth.

<http://helping.apa.org/warningsigns/index.html>

This information about understanding violent behavior among youth is provided by the American Academy of Adolescent and Child Psychiatry.

<http://www.aacap.org/publications/factsfam/behavior.htm>

- ***Tobacco , Alcohol, and Other Drug Use***

These pages provide information about tobacco, alcohol, and other drug use prevention, and treatment for youth and their families.

The Campaign for Tobacco-Free Kids is the country's largest non-government initiative ever launched to protect children from tobacco addiction and exposure to second-hand smoke.

<http://www.tobaccofreekids.org>

Arkansans for Drug Free Youth is an organization dedicated to educating and motivating Arkansas youth, families, and communities in the development of healthy, drug free youth.

<http://www.adfy.com>

PREVline (Prevention Online) offers hundreds of files about alcohol, tobacco, and other drugs from the National Clearinghouse for Alcohol and Drug Information.

<http://www.health.org>

- ***Teen Pregnancy and Sexual Behavior***

These sites provide information about teen sexuality, pregnancy, and STD's.

The Alan Guttmacher Institute provides reliable, balanced, nonpartisan information on sexual activity, contraception, abortion, and childbearing. <http://www.agi-usa.org/home.html>

The mission of the National Campaign to Prevent Teen Pregnancy is to prevent teen pregnancy by supporting values and stimulating actions that are consistent with a pregnancy-free adolescence. Their site contains tips for teens, parents, and faith communities on ways they can help prevent teen pregnancy and the spread of sexually transmitted diseases.

<http://www.teenpregnancy.org/>

- ***Nutrition and Physical Activity***

The following sites are dedicated to providing information about healthy eating and exercise.

The American Dietetic Association promotes optimal nutrition and well being for all people.

<http://www.eatright.org>

The American Council on Exercise (ACE) is committed to promoting active, healthy lifestyles and their positive effects on the mind, body and spirit.

<http://www.acefitness.org/>

- ***Mental Health Issues***

This sites provides information regarding mental health issues including depression, suicide, mental illnesses, and how to get help.

The National Mental Health Association is dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illnesses through advocacy, education, research and service.

<http://www.nmha.org>

- ***Parenting Teens***

These links connect to sites for parents of teenagers. Issues covered include tips for communicating with teens, health, education, substance abuse, eating disorders, and other topics of interest to parents of teenagers.

From About.com, a site with original articles about parenting and links to other sites of interest to parents of teens.

<http://parentingteens.about.com/home/parenting/parentingteens/>

From Parent's Soup, a site with articles and information from educators, experts, and parents.

<http://www.parentsoup.com/community/teens.html>

- ***Links for Teens***

The following sites are designed for teenagers with content by teens covering a variety of topics including health and education, creative expression, and practical advice.

About .com's site for teenagers, including message boards and creative writing from real teens.

<http://teenexchange.about.com/kidsteens/ktteens/teenexchange/>

Teen Voice is a youth magazine covering issues facing teenage girls and young women today including topics such as health, education, substance abuse, and body image.

<http://www.teenvoices.com>

- ***Miscellaneous***

The Annie E. Casey Foundation is a private charitable organization dedicated to helping build better futures for disadvantaged children in the U.S.

<http://www.aecf.org>

The U.S. Department of Health & Human Services

<http://www.dhhs.gov>